

YOUR MOUNTAIN CONNECTION  
26689 PLEASANT PARK ROAD  
BUILDING A, SUITE 260  
CONIFER, COLORADO 80433

News on the Positive Side  
MARCH 2024

POSTAL CUSTOMER

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
PAID  
GOLDEN, CO  
PERMIT 39

# *your* MOUNTAIN C O N N E C T I O N



*Sandy is looking for her forever home.  
Read about Sandy on page 19.*

— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

## Connection to the Past





# THE ResqRanch

The ResqRanch is the Premier Positive Reinforcement Animal Sanctuary

Proudly sponsored by **ASPEN PARK VET HOSPITAL** • 25871 Duran Ave., Conifer CO 80433

Phone: 303-838-3771 • Email: [info@ResqRanch.org](mailto:info@ResqRanch.org) • [aspenparkvet.com](http://aspenparkvet.com) • [ResqRanch.org](http://ResqRanch.org)

“Rescuing animals really rescues us!”



Believe in Miracles!

## HOLISTIC VETERINARIAN IN CONIFER, CO

**ASPEN PARK VET HOSPITAL • [aspenparkvet.com](http://aspenparkvet.com) • 855-377-2638**

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.



## Dog and Pony Shows!

“You might have missed the big dog show, but you still have the chance to check out the the Rocky Mountain Horse Expo.”

Hopefully this edition finds you looking forward to some warmer weather days and getting outside with your beloved pet friends!

As I write this, I just returned from spending some quality time at the Denver Dog Show. This is a huge event, with dogs attending from all around the country. It is the best place ever to go see all the shapes, sizes, colors, and varieties of our beloved pet dogs! I was able to observe several different types of shows and competitions, including dock diving, a crowd favorite. In case you missed it, you might want to check out the video about it on my YouTube channel. The dog show is a great place to go and see what different kinds of dog breeds there are, and talk to the competitors about their dogs. You can find out things like, if a certain dog is generally a good family breed, if they have high energy, if they have a coat that is difficult to take care of, are prone to allergies or other health issues, etc. Of course, we always recommend “adopt, don’t shop,” but you can go to an event like this and at least find out more about the different breeds, because you never know, you might even find purebred dogs in the local shelter. If you missed it this year, be sure to mark your calendars to attend next year, as it is truly a fun and worthwhile way for an animal lover to spend a chilly winter day, being warm indoors while getting to enjoy all the beautiful dogs!

Speaking of taking great care of beautiful dogs, and cats, it might be a good time to remind folks that in addition to our holistic offerings for your pet’s care, at Aspen Park Vet Hospital we also offer all manner of surgeries and even offer modified anesthesia dentals. In fact, just yesterday we had a



board-certified surgeon come and perform a cruciate repair surgery for us. We can often offer these surgeries at a better rate than emergency clinics down the hill, without compromising quality. Hopefully you won’t need us for that, but if you do, we are here for you and your beloved animals.

You might have missed the big dog show, but still have the chance to check out the next amazing animal event in Denver, the Rocky Mountain Horse Expo at the National Western Complex. The Horse Expo is THE place to be for horse lovers from around the state. The Horse Expo is one of the largest and most popular horse events in the country. It’s a great place to learn about horse training, health, and care. You can also meet and network with other horse lovers from all over the region, like me!

So why should you go? Well, because the Rocky Mountain Horse Expo features a wide variety of clinics and demonstrations by some of the top horse trainers and experts in the country, including me. You can learn about everything from basic horsemanship to advanced training techniques, and I will be discussing the use of positive reinforcement. It’s also a great place to shop for the latest and greatest in horse products and services. You can find everything from saddles and bridles to feed and supplements. We will be having a booth there for the ResqRanch, letting folks have a spin at the prize wheel, and signing people up for our summer programs. The ResqRanch, in case you don’t know, is a non-profit organization that rescues and rehabilitates horses that have been abused, neglected,

or abandoned. We also offer educational programs, and this year we are partnering with the Jefferson Center to offer more opportunities for veterans and their families to get out and connect with horses and nature. Look for three of our rescue horses in the stable area at the expo. You can meet Emblaze, an off-track thoroughbred; Cesar, a wild mustang; and Dominic, our trusty donkey. We are looking for volunteers to help us at our booth at the Rocky Mountain Horse Expo, as well as with the care of the animals during the event. If you’re interested in volunteering, please contact us today! Not only will I be presenting about positive reinforcement training for horses, but there will also be an opportunity for me to work directly with you and your horse at the Expo. I can help get you off to a great start using positive reinforcement methods. So if you are a horse lover, and you have not done so already, now is the chance to make plans to attend the Expo, and have a great time! There’s something for everyone, from beginners to experts. So mark your calendars for March 15–17, 2024, and plan to be there. If you wonder what a positive reinforcement horse training session looks like, there are lots of videos about how we do it on our YouTube channel. Come by the ResqRanch booth and say “Hi”; we are looking forward to seeing you there! Thanks so much, from DrQ and the crew of Aspen Park Vet and the ResqRanch, where we train R+ Trainers and YOU!

**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](http://www.DrQandU.org).**





# Mount Evans brings love

When it's time for hospice care, Mount Evans will be there for you and your loved ones, so you can make the most of every day.

  
**MOUNT EVANS**  
HOME HEALTH CARE & HOSPICE  
303-674-6400   MountEvans.org



## BRIDAL SHOP CLOSED GOWNS @ COST

Sizes 6, 8, 10, 12, 14  
Most Prices \$500 – \$700

**MONDAY, MARCH 4th  
until everything SOLD**

Call Laura 720-601-4626  
or Lisa 720-601-4626  
for PINE location & Try-on Appt  
— CASH ONLY —

*Bring Your Mom and friend!*



***Make your  
day better...***

Stop by Dandelions Cafe in Evergreen  
and check out our new, exciting menu.  
We'd love to see you!

7 am – 2 pm Wednesday thru Sunday  
1552 Bergen Pkwy Suite #305, Evergreen

**303-674-5156**  
**dandelions-cafe.com**

*quality ingredients • rotating specials  
cafe classics • friendly service*

 **Dandelions**  
**C A F É**





# MARCH — WOMEN’S HISTORY MONTH

BY MICHELLE SCHULTEN | CONIFER HISTORICAL SOCIETY

Where do I even begin? How much do we really know? In reality, so little has been said and written about so few women, not to mention minority women, who only recently have started to be talked and written about. I’m sure there are many, many, reasons for this, but for the sake of ethics and morals, not to mention politics, I will refrain from the obvious and the overactive imagination of all of us.

How would we define who should be listed and who should not? My belief is that it should be someone who ultimately made some kind of change for the better for some type of life in this universe. I think most of us agree so far, but do we include the infamous as well? I believe they should be included. This is history, after all, and if we don’t include the bad with the good, how would we learn? We would have to make the mistake ourselves, i.e. repeating history or the past for lack of knowing. Isn’t it easier to learn from others, whether it is just information or mistakes?

One of my favorite things to do when in a group of people and needing some kind of icebreaker to start a conversation is by asking: “If you could spend the afternoon with any woman from history and ask all the questions you wanted, who would that be?” My only requirement is that it is someone who has passed from this world. Sometimes you can narrow it down to the state you live in, or the United States, or a hemisphere, or the world in general. You’ll get some very interesting answers and learn a lot about the people around you.

Here are some of the women who come to my mind and why I chose them. This article has been shortened to fit this newspaper, and you can read short and informative biographies on the Conifer Historical Society web page (ConiferHistoricalSociety.org) about each of the women listed below. At the end I will tell you my all-time wish for such a conversation.

### WORLD

- **Hedy Lamarr** - for her courage, intelligence, and compassion for the greater good. Hedy Lamarr, born Hedwig Eva Kresler, in Vienna, Austria, November 9, 1914. So much more is known about this vivacious and intelligent woman. If you would like to learn more from a wonderful book, I highly recommend reading *The Only Woman in the Room*, by Marie Benedict (a phenomenal author and historian).
- **Mileva Maric Einstein** - for her intelligence and her tenacity. Mileva was born in Austria-Hungary (Serbia today), on the 19th of December, 1875. The secrets that died with her may or may not ever be known. How much did she play a part in the advancement of physics, in Albert’s name? A wonderful book that is highly recommended for further information about Mileva Meric is *Einstein’s Wife, The Real Story of Mileva Einstein-Maric*, by Allen Esterson and David C. Cassidy.
- **Mother Teresa** - for her courage and compassion. Born on August 26, 1910, Agnes Gonxh Bojaxhiu, in the Ottoman Empire, now Skopje, North Macedonia. A wonderful book about Mother Teresa is *Mother Teresa: In My Own Words*, by Mother Teresa.
- **Princess Diana** - for her courage, her compassion, and her resilience. Born

Diana Frances Spencer, July 1, 1961, and tragically died August 31, 1997, in a traffic crash. A wonderful book written about her about her life is *Diana: Her True Story*, by Andrew Morton.

- **Isabella Bird** - for her strength, her courage, and her adventurous nature. Born near Leeds, in Boroughbridge, Yorkshire, England, on October 15th, 1831. A wonderful historical fiction book is *Embrace of the Wild*, by Linda Ballou. Linda was a guest author at one of the Conifer Historical Society’s Book Club events. Linda traveled in the footsteps of Isabella in both Hawaii and Colorado.

### NORTH AMERICA/UNITED STATES:

- **Sacagawea** - for her tenacity, strength, and enduring courage. She was born into a Lemhi Shoshone tribe, living in the area around the panhandle of Idaho on the Montana border near the Continental Divide. A remarkable woman with a remarkable life, she changed life for us. The number one on my list is *Undaunted Courage*, by Stephen E. Ambrose.
- **Harriet Tubman** - for her tenacity, strength, and resilience. Born Araminta Ross in March of 1822, born into slavery to parents who were both slaves, in Dorchester County, Maryland. A famous quote from Harriet is, “I was conductor of the Underground Railroad for eight years, and I can say what most conductors can’t say, ‘I never ran my train off the track and I never lost a passenger.’” The books about the life of Harriet Tubman are bountiful and well worth the effort to read all of the wonderful things that this woman did for the betterment of women.
- **Abigail Adams** - for her ability to go where only one woman had gone before her with grace, strength and courage. Born Abigail Smith on November 22, 1744. Abigail’s life, letters, and political viewpoint can be read in many books about her and her famous family.
- **Elizabeth Blackwell** - she helped to break the glass ceiling for women and mankind with her courage, intelligence, tenacity, and resilience. On February 3, 1821, Elizabeth Blackwell was born in England. Dr. Blackwell’s pioneering journey into the men’s world of medicine broke down the walls for many women to become doctors who broke down barriers of their own.
- **Nellie Bly** (Elizabeth Cochrane Seaman, born Elizabeth Jane Cochrane) - once you read about her you’ll know; she had the courage and strength to pave the way that no one had before her. Born May 5, 1864. What this woman accomplished during her life and at the time she accomplished it is nothing short of miraculous. Many books are published about her and her contributions to journalism and women.

### COLORADO:

- **Elizabeth Bonduel McCourt** (Baby Doe Tabor, Lizzie McCourt, Lizzy Doe, Elizabeth McCourt Doe) - for her strength and courage. Born Elizabeth Bonduel McCourt in September of 1854, in Oshkosh, Wisconsin. She was better known as Baby Doe Tabor. I find her life story fascinating; what a remarkably strong woman. The Conifer Historical Society Book Club will be reading *The Silver Baron’s Wife*, by Donna Baier Stein, in October of 2024. I have already read the book and I am excited to share it!
- **Susan Anderson** (Doc Susie) - for her strength, courage, tenacity, and intelligence. She was born in 1869 in Indiana. Susan and her family moved to Cripple Creek, Colorado, in 1890, during the gold rush. A wonderful book has been written about her life: *Doc Susie: the True Story of a Country Physician in the Colorado Rockies*, by Virginia Cornell. This book was one of the Conifer Historical Society’s book club choices for 2022 and is one of my personal favorites.
- **Owl Woman** - for her courage to walk the path to cultural amalgamation (even though she may not have completely understood at the time how that would affect the future), her tenacity, her ability to see beyond the current path in front of everyone, and her strength. Owl Woman was a Cheyenne woman married to William Bent of Bent’s Fort. *Owl Woman: Her life with William Bent*, by Sandy Dexter, is a book choice for the Conifer Historical Society’s June 2024 Book Club.
- **Harriett Anna Fish** - her strength, tenacity, courage, and humor. Little is written about Harriet; she wasn’t a famous woman, just a woman of substance, who through her own words wrote a book about her life as a mother and as a dedicated wife to a hard-working man involved in the mining industry during Colorado’s infancy. Read more in *Tomboy Bride: A Woman’s Personal Account of Life in Mining Camps of the West*, by Harriett Fish Backus; this book was a previous Book Club selection for the Conifer Historical Society.
- **Dr. Justina Ford** - her courage, tenacity, intelligence, and the ability to rise above the dictates of the times. Dr. Ford was not only a woman doctor in a growing Denver during the early 20th century, but also the first African-American female doctor in the U.S. Her home was moved to 3091 California Street and is now the home of the Black American West Museum.

- **And my choice for conversation: Rachel Staunton** - for her ability to prove that women can and do pave the way in the West. She became a friend, community leader, household manager, healer, and mother who inspired the women of her time as well as the women of today. Born Rachel Hornbrook Bullard in West Virginia in about 1869. Dr. Staunton graduated from the Woman’s Medical College of Pennsylvania in 1894, and then moved to Charleston, West Virginia, and began practicing medicine. She met her husband in Charleston. She and Dr. Archibald G. Staunton were married on December 31, 1898. They remained in West Virginia, and their one and only child, Francis, was born a year later. Sometime early in the 1900s, Archibald became ill with either pneumonia or tuberculosis, and they decided to move to a drier climate. Archibald boarded a train for California, and along the route the train stopped in Denver. He got off the train and took a stroll through a park in Denver; having noted the drier air and favorable climate, he sent for Rachel and Francis. After they arrived, it only took them two weeks to decide to move to Denver. By 1903, both Rachel and Archibald had obtained their licenses to practice medicine in the state. They settled into a home in Denver, and their medical offices were located in the Republic Building downtown. In 1918, after many trips to the mountains, Rachel and Archibald decided to homestead what became the Staunton Ranch. So much more on her life, as well as the Staunton Ranch and Staunton State Park, can be found in Bonnie Scudder’s book, *The Secrets of Elk Creek*. This book can be purchased from the Conifer Historical Society and Museum and was a book club selection at an author night featuring Bonnie Scudder.

What wonderful insights might be gained from conversations with these women. They paved the way for so many of us to pave our own way in this world.

I can tell you that doing this exercise with others has been a highlight of my conversations with family, friends, and strangers alike. It is a real icebreaker, and you can learn a great deal about those whom you knew little about, or gain a deeper understanding of the people you know, with the new knowledge of who they would want to spend one day with.

“One of the really important things about preservation is it connects people to history in a very tangible way.”  
— Myrick Howard

Thanks to Michelle Schulten and the Conifer Historical Society and Museum for providing this month’s Connection to the Past article. The mission of the Conifer Historical Society is to share the region’s legacy by collecting, preserving, and exhibiting historical and cultural materials.  
Read more about all of the women in this article at [www.coniferhistoricalsociety.org](http://www.coniferhistoricalsociety.org)





# I’m Just Sayin’...

March 2024 — Pets

Jeff Smith owner/publisher

Our furry and feathered friends provide unconditional love and comfort. We should celebrate them every day. It is said that a dog is the only being that loves you more than you love yourself. My 13-year-old Brittany shows me that every day. They say in ancient times cats were worshiped like gods—and they have never forgotten it!

Whatever pet you have, enjoy them. We only have them with us for a short time.

Good news! Laurie, the Chicago Hot Dog Food Truck lady, is back! You can find her on 74 at the exit just south of the Safeway. You can’t beat her dogs or Italian beef sandwiches. Give it a try, and you will be hooked too! Read more about Laurie in the article on the right.

Spring is on its way. We are getting a taste of better temperatures. I played golf in January and look forward to some games in March.

Iowa Hawkeyes – If you want to see some entertaining basketball, watch the Iowa Hawkeyes women’s team, ranked high in both the Big Ten and nationally. Caitlin

Clark is probably the best player nationally. She is averaging over 32 points per game. She just broke the all-time NCAA women’s career scoring record; in that same game, she scored 49 points—a women’s record in the Big Ten! She is now going after the all-time college basketball career scoring record, men or women, currently held by Pete Maravich. It’s worth a watch!

The Hawkeyes football team has a new offensive coordinator, Tim Lester. He has been a head coach at all levels and has 12 years experience as an offensive coordinator. Has to be an improvement!

Avalanche – Still looking good! Finally won one after a four-game losing streak. They’ll be there in the end, I believe.

Nuggets – Still OK but need to get on a winning streak.

Quackadilly says:  
“I am fond of pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals.”  
—Winston Churchill



# Chi-Town Stop

Whether you were born in Chicago, or have recently watched the famous show “The Bear” on Hulu, you don’t have to go far to try an authentic Chicago-style Italian beef. Chi-Town Stop will give you the experience of what a “real” Italian beef tastes like, right here in Evergreen. Located at 3949 Rt 74 Frontage Road, this food truck specializes in Vienna hot dogs and Italian beefs, owned and operated by Chicago native Laurie Pfister.

The history of the “Italian beef” originated in Chicago in the early 1900s, when Italian immigrants slow roasted top round, seasoned with Italian herbs, thinly sliced, and served on a French roll. It has been an all-time favorite of natives and visitors alike. For those who like a little “heat,” the beef can be topped with a spicy combination of pickled vegetables called giardiniera, a staple for Chicagoans. Don’t be surprised, when ordering one of these mouth-watering sandwiches, if you’re asked dry? juicy? or dipped? The “dipped” version is reserved for those veterans who know they might need a fork, but would have it no other way.

Laurie is of Greek and Polish descent, and is no stranger to the restaurant business. She was raised in a family who owned

multiple restaurants on the Northwest side of Chicago over a 30-year period. Laurie first moved to Evergreen in 2008, and returned to Chicago a few years later to work as a manager at the United Center. Missing her beloved mountains, she was transferred to the Pepsi Center as a Suite Attendant in 2016. Thrilled to be back in Denver and loving her job at the stadium, this quickly changed in March of 2020 with the start of COVID. During the lockdown, Laurie decided to act on her life-long dream of owning a Chicago-style food truck in her little town of Evergreen. As a single mother, she worked tirelessly making her dream come true. On February 20, 2021, she opened for business at the old Anderson’s Market on Rt 73, and became a local favorite for 2 years before moving to her current location. You can now find Chi-Town Stop located between Safeway and Ponderosa at the “Christmas tree” lot, with their new drive-through. She anticipates that her new location will bring back her loyal customers and attract new ones to try her delicious sandwiches. Her loyalty and enthusiasm shows through with everyone she meets, as she strives to treat her customers like “family” in the town she loves.

NEWS ON THE POSITIVE SIDE

your MOUNTAIN CONNECTION

MARCH 2024 • VOL XXXI N03

26689 Pleasant Park Rd, Building A, Suite 260  
Conifer, CO 80433

next issue • APRIL 2024

April theme:  
Think Spring!

t. 515-326-2672

www.YourMtnConnection.com

email.jeff@mtnconnection.com

Stories are contributed by local residents to inspire healthy living, happy families, and community giving. Email your story to jeff@mtnconnection.com. Stories accepted on a space-available basis only. Advertorials are paid advertising. Business Profiles cost \$329, limited one per year. From the Experts educational columns cost \$299/month, minimum three-month commitment. Deadline for ads and articles is March 16. Call 515-326-2672.

your MOUNTAIN CONNECTION

Our Fur Babies

Owner / Publisher  
Sales Consultant  
jeff@mtnconnection.com  
**Jeff Smith**

Copy Editor  
**Emily Fose**

Creative Director  
**Marty Hallberg**

Writer/Photographer  
**Gary Loffler**

Writer  
**Penny Randell**

Contributing Writers:  
**Cathy Kowalski**  
**Anne Vickstrom**

**Brittany**  
Our 13-year-old Brittany loves hiking and is a huge Broncos fan. She lives with a ball in her mouth, always looking for a game.

**Padiddle**  
Padiddle is an 8-year-old ragdoll, and is very definitely a one-person cat. She loves to get on my lap and rev her motor!

**Kiko**  
Our new bouncy baby girl (I know boxers...they bounce)! So happy to hear the pitter patter of tiny paws once again.

**Anna**  
My granddog.

**JubaLee and Acholi**  
Dogs and cats, living together.

“The whole glorious history of animals with people is about joy and connection. It’s about loving this creature and letting this creature love you”  
— Jon Katz

To date over \$118,000 has been donated to mountain area nonprofits by your MOUNTAIN CONNECTION | 26689 Pleasant Park Road, Building A, Suite 260, Conifer, CO 80433 | t. 515-326-2672



from the **experts**



# Why Valor Offers Roof Inspections and Energy Reports at No Cost

BY SEAN BELL, VALORROOFANDSOLAR.COM

At Valor Roof and Solar, two of our core values are integrity and respect. One of the primary ways we try to fulfill these values is to provide important, thoughtful, and specific information to homeowners about their roofing and related systems—such as solar panels or solar shingles. A roof inspection is the detailed analysis of a specific home and interview with the homeowner. Likewise, an energy report is the detailed analysis of the solar energy potential of a home and interview with the homeowner. Both are provided by Valor to a homeowner on a complimentary basis. While it does take time, energy, and cost to Valor to conduct these reviews and provide the resulting information, we feel it is an important service we provide to the community.

Spring is a prime time for a homeowner to have their roof inspected after the assaultive winter weather of our mountain environment. Ice dams, ice falls, and freeze and thaw all can damage and weaken a roofing system in a manner leading to eventual failing of the system, leaking, and water damage. A quick phone call to Valor is the first step to peace of mind.

Spring is also a great time to investigate your home's solar potential through an individualized energy report. Installations on qualifying homes can most often still be accomplished in time to take advantage of all that summer sun.

At Valor Roof and Solar, we take pride in being well-equipped to guide you through the solar process. Leveraging our expertise

in both solar technology and the roofs commonly used for these systems, we stand ready to assist you on your renewable-energy journey. As an added bonus, all our new solar customers receive a complimentary roof maintenance package, ensuring that your roof is in optimal condition before the solar installation takes place.

Colorado, with its steadfast commitment to sustainable energy practices, has implemented various alternative energy programs supported by public utilities, the State of Colorado, and the Federal Government. These initiatives are designed to incentivize and promote residential solar panel installations, positioning homeowners to benefit from valuable incentives associated with solar electric generation systems.

To demystify the specifics of solar incentives and capitalize on the available benefits, consider investigating the process with Valor Roof and Solar's complimentary energy savings review. This comprehensive review, available throughout the year, evaluates your home's potential to generate electricity from solar panels. It serves as a valuable resource for navigating utility programs and exploring the full spectrum of options available to you.



*“We take pride in being well-equipped to guide you through the solar process.”*

Valor Roof and Solar, a distinguished, local-Colorado business, operates with an unwavering commitment to integrity. We embrace complex and challenging projects related to solar electric generation, roof replacement, and repair, viewing them as opportunities to contribute to and uplift our community. Our daily pursuit is to be one percent better than the previous day, striving for continuous improvement.

To kickstart your energy savings review and delve into the possibilities for your home, reach out to Valor Roof and Solar at (303) 770-7663. We eagerly anticipate the opportunity to serve our community, address your needs, and contribute to a more sustainable future.

As we stride towards a more sustainable future, your decision to explore solar energy not only benefits you but also contributes to the greater good. Valor Roof and Solar invites you to take the next step in your renewable energy journey. By scheduling a consultation, you not only gain insights into the potential of solar panels for your home but also open the door to a more sustainable and cost-effective energy future.

In your consultation, our experienced team will conduct a thorough analysis of your property, assessing its solar potential

and providing personalized recommendations tailored to your needs. We understand the significance of this decision, and our commitment to excellence ensures that you receive the highest quality service throughout your solar installation journey.

Don't miss the chance to be a part of the clean energy revolution. Contact Valor Roof and Solar today to schedule your personalized consultation and embark on a path towards energy independence and environmental stewardship. Together, let's illuminate a brighter, greener future.

By choosing Valor Roof and Solar, you not only make a smart investment in your home but also contribute to a sustainable and eco-friendly community. We look forward to assisting you on your solar journey and being a partner in your commitment to a greener tomorrow.



**Together, let's use the power of the sun and make a difference! Valor Roof and Solar is here to help you navigate this process. To find out if your home qualifies to produce its own power through solar, contact Sean Bell 303-770-7663**

# KNOTTY PINE

*The Best*  
ICE CREAM-COFFEE-CANDY  
GIFT-SOUVENIR SHOP!

**“The Bailey Store”** for everything Bailey! T-shirts, sweatshirts, hoodies, coffee mugs, magnets, stickers, lots of fun stuff!!

Open 10 – 5 every day but Wed  
60641 HWY 285 • Bailey, CO 80421

**Theknottypine.net • 303-838-5679**

To advertise with  
your  
**MOUNTAIN CONNECTION**

# CALL

**515-326-2672**



from the experts

— EVERGREEN HEALTH INSURANCE —

We’ve Moved!

BY ED REGALADO

That’s right, Evergreen, we’ve moved our office to Stone House! In February, we started the move from our offices on Meadow Drive to the Stone House at 1524 Belford Court, also in Evergreen.

I will miss the old Bunkhouse, once a home for the ranch hands who worked on the Hiwan Ranch. My office was a walk upstairs and not always convenient for some of my clients. Our new office has plenty of parking, is street level and is just off the side entrance. Sharing downstairs is the Evergreen Chamber of Commerce, and there are several other businesses in the Stone House.

One nice feature I intend to take advantage of is a comfortable small conference room where I plan to conduct monthly one-hour seminars on general Medicare information. Look for an ad in Serenity Magazine advertising the seminars or call my office at 303-674-1945.

Annual enrollment periods for 2024 are now closed. Enrolling in Medicare or for a C4 individual policy now requires a qualifying event. Common ones include things like moving to a new area, loss of employer benefits, turning 65 (for Medicare), marriage, or family birth.

What did I learn this last Annual Enrollment Period? It seems that advertising works, especially the constant ads that feature “free stuff.” I had a few clients who were on Original Medicare with a great Supplement plan, and I received notice that they cancelled their Supplement plans. Medicare laws prohibit me from calling, so I can only guess why.

My guess is some of them saw one of the thousands of ads promoting Medicare Advantage plans, and called the 800



number. A well-trained sales agent then told them they could save money by switching off their Supplement plan and onto an Advantage plan. Premium-wise, that’s true. They will save money, but they won’t have the same level of protection they had with their Supplement plan.

A significant difference between Supplement and Advantage plans is one’s healthcare “gatekeeper.” If you’re on a Supplement plan, it’s your physician who decides the treatment you receive, not your insurance carrier. If a procedure or treatment is covered by Medicare, additional approval is not required. On a Medicare Advantage plan, the insurance company requires prior approval, and your plan can deny treatment recommended by your doctor.

On a Plan G, after the \$240 Part B deductible is paid in 2024, everything insured by Medicare is covered at 100% for the rest of the calendar year. Advantage Plans often have Out of Pocket Maximums of \$3,500–\$5,000, and as high as \$8,000.

Advantage plans work well for most people; I have one myself. When people choose a Supplement plan, it’s often because they want the strongest medical coverage available, and that’s what Medicare Supplement plans offer. Which plan is best for you? That depends on your anticipated medical expenses and your budget.

If you’ll be turning 65 soon or will qualify for new coverage for any reason, we can help. Give us a call!

Ed and Dana Regalado are certified brokers. They can be reached at 303-674-1945 or send an email to: [edregalado46@gmail.com](mailto:edregalado46@gmail.com).

— BUFFALO PARK DENTISTRY —

Waterpik vs. Floss

BY ALEX ROBERTS



“Build the habit!”

Everyone knows taking care of your teeth is crucial for preventing dental problems. Regular exams and brushing your teeth and flossing can help patients avoid uncomfortable symptoms like pain or sensitivity; however, taking care of oral health isn’t as simple as completing a checklist.

People learn the basics of brushing and flossing from a young age, but there are more options than a standard toothbrush or floss. While toothbrushes have 2 main options, electric or manual, flossing is available in various alternatives. The most common floss alternatives are a Waterpik or floss “picks.” But does a Waterpik replace flossing, or is the original better for your oral health?

Although “Waterpik” is the most recognizable name, the device can also be called a water flosser. A Waterpik uses a pressurized stream of water that can reach between teeth and along the gum line to remove bacteria, plaque, and food particles.

Waterpiks can sometimes get messy. It’s recommended you keep your lips slightly closed to prevent splashing, and there are also cordless version that can be used in the shower to avoid the messy splatter.

Water flossing can be less effective than traditional floss because rubbing the floss across the teeth can more effectively remove buildup under the gumline, using a “C” shape to wrap around the tooth. I sometimes say, you can spray a dirty dish with water for 5 minutes, but not until you start to scrub it will it actually remove the debris. I think this is a good analogy for water flossing and string floss.

Some patients may use both. Flossing first removes more plaque and loosens stubborn spots. Then, the water flosser can remove any remaining plaque or help you get into areas you may have had trouble reaching. There are reasons patients may benefit from water flossing. Using a water flosser can be easier than using floss, particularly for people who find maneuvering with dental floss difficult, such as people with arthritis. Waterpiks can also help when you need to clean hard-to-reach spots like around orthodontic appliances, crowns or bridges, implants, or crowded teeth.

Floss picks are small, disposable sticks that use a pre-cut amount of floss secured between a u-shape. The handle can also double as a toothpick. Floss picks are typically made from wood or plastic. Although floss picks are better than not flossing, they’re less effective than the traditional method. The secured bit of floss is rigid and can’t navigate the same angles, restricting where the floss can reach.

Again, if you’re deciding between not flossing or using floss picks, choose floss picks or a Waterpik! It can also help you build the habit and maybe try traditional flossing once you’re used to the routine.

If you’re unsure which method might be right for you, talk to your dentist. We can explain the pros and cons of each and offer more recommendations for your home dental care.

28577 Buffalo Park Rd • Suite 260  
Evergreen, CO 80439 • (303) 674-7741  
[buffaloparkdentistry.com](http://buffaloparkdentistry.com)

— THE SASQUATCH OUTPOST —

The Sasquatch Chronicles

BY JIM MYERS

I’ve written in the past about the widely divergent opinions within the Bigfoot community at large on the topic of whether Sasquatch is an undiscovered and uncategorized species of great ape, or something much more. Those who hold to the second opinion would say that Sasquatch is—are—a type of people, not too far removed from us, to be honest. Now, I’ve been intentionally simplistic in dividing the Bigfoot research community into only two groups. In reality, there are far more theories than the two I’ve mentioned above...

and even these two have their own subgroups. Other groups might include those who believe that Bigfoot is an alien race, or that they are the remnants of a Biblical people known simply as the Nephilim—the progeny of an angelic-human mix. I do not have the space in this article to explain the details of the various perspectives, but I do want to lay out some of the problems presented by the two major groups: namely, the undiscovered great ape and the forest people.

If Sasquatch is a great ape, it is totally within reason to believe that they should have been captured and studied over a century ago. After all, there are more than 9000 great apes (of all known species) in captivity around the world today, and the last major sub-group (the bonobo) was discovered in the 60s. And yet, in spite of evidence that they exist on every continent, there is not one captive specimen anywhere in the world



“There are many questions I cannot answer.”

today. Secondly, there are multiple stories, and some scientific evidence to back them up, that a human-Sasquatch union can produce viable offspring. However, this is impossible with great apes; there are too many genetic differences between the species.

If, on the other hand, Sasquatch is a type of person, or people group, the question begs itself as to why there has not been meaningful interaction between humans and Sasquatch. They are reputed to have their own language, and yet I know of no credible

report of humans who can speak Sasquatch, or vice versa. One also wonders where the skeletal and fossil evidence is for such a race of human or humanoid beings existing in the world.

For my part, I currently find myself in the “forest people” group, even though I’d be the first to admit that there are many questions I cannot answer in addition to those I’ve mentioned above. The simple fact remains that there are no experts when it comes to understanding and studying these elusive people (or creatures, depending on your perspective). So we march forward, and hope for absolute, incontrovertible evidence to be made public one day.

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](mailto:info@sasquatchoutpost.com)

Every month in  
*your*  
**MOUNTAIN**  
C O N N E C T I O N

stories are contributed by local residents to inspire healthy living, happy families, and community giving.

Our April theme  
is *Think Spring!*

We’d love to hear what you have to say!  
Email your story to [jeff@mtnconnection.com](mailto:jeff@mtnconnection.com).  
[Deadline is the 16th of March.]

*The Light by Beverley Harper Tinsley*  
[beverley-harper-tinsley.pixels.com](http://beverley-harper-tinsley.pixels.com)



Aspen Park • Bailey • Conifer • Evergreen • Kittredge • Pine

Spring is  
in the Air!



King Soopers Center • Bergen Park  
1193 Bergen Parkway  
**303.670.0717**  
[www.villagegourmet.net](http://www.villagegourmet.net)

15% off  
with this ad

Edibles!  
Smokeables!  
Topicals!  
Souvenirs!




**Sunrise Solutions**  
43 Main Street, Bailey, CO 80421  
303-816-MEDS (6337)  
[www.SunriseSolutionsMJ.com](http://www.SunriseSolutionsMJ.com)





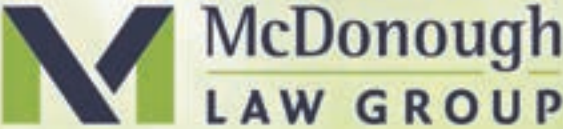
HAPPY  
ST. PATRICK'S DAY  
FROM ALL OF US AT  
your MOUNTAIN  
CONNECTION  
WHEREVER YOU GO  
AND WHATEVER YOU DO,  
MAY THE LUCK OF THE IRISH  
BE THERE WITH YOU!



Donna Bakalor | Attorney

Licensed in California, Colorado, Illinois, and New York

BUSINESS FORMATION & COUNSEL  
LITIGATION | PROBATE & TRUST ADMINISTRATION  
SMALL BUSINESS REPRESENTATION | WILLS & ESTATE PLANNING



McDonoughLawGroup.com | 970.776.3311

EVERGREEN'S  
Local Bar

OPEN 365 A YEAR TILL 2AM  
LIVE MUSIC 3 NIGHTS  
HUGE CREEKSIDE PATIO  
ON THE CORNER  
DOWNTOWN E-TOWN  
303.674.1564



scan for website

Cactus Jack's

Saloon & Grill



3/1/24 7:00pm Mojo Filter  
3/3/24 1:00pm Violet Breeze  
3/8/24 7:00pm Dead Alive  
3/10/24 1:00pm Austin Williamson  
3/15/24 7:00pm Matt Flaherty Band  
3/16/24 8:00pm Dumm Friends League  
3/22/24 7:00pm Electric Whiskey Experience  
3/24/24 1:00pm A-Mac Solo Looping  
3/29/24 7:00pm Moggie Funkie  
3/31/24 1:00pm Exit W9 Easter Sunday



[illegible]

To date over \$118,000 has been donated to mountain area nonprofits by *your* **MOUNTAIN CONNECTION** | 26689 Pleasant Park Road, Building A, Suite 260, Conifer, CO 80433 | t. 515-326-2672



# OUR READERS' FUR BABIES!

*“The best therapist has fur and four legs.”*



Mimi, lovin' life!



Frida the Frenchie



Rocky Heern, our Bernese mountain dog in Evergreen



Our ragdoll kitties: brother Bailey and sister Bella



Whopper, our 10-year-old pug mix. He is one handsome hunk!



Brandy from Bailey, our 18-month-old golden doodle



Sweet Nala Bean



Crazy Daisy Jane



Penny for your thoughts

# The One Who Lives with Us

BY PENNY RANDELL



Good day, everybody. While musing over like species, I thought we should explore yet another canine. This time we are taking on a commoner, of sorts, that is native to North America. Our concentration reveals numerous facts of great interest that I hope you enjoy. Yes, Juba here, by the way, excited to reach out to all of you who are entertained by animal facts just like I am. Okay, may I reveal the critter? Biologically named *Canis latrans*, the coyote, also known as the American jackal, prairie and brush wolf, is somewhat smaller than its close relative, the wolf, and is easily found throughout Colorado.

Because of their great success, coyotes continue to occupy vast areas of land and are listed as least concern by the International Union for Conservation of Nature. This species is greatly versatile and has learned to adapt to humans and even expand its own environment into human sites as they breed. Common in many cities, they gained another name, urban coyote. This critter also has 19 recognized subspecies, with each continuing their success. They are all easy to spot and display predominately light gray and red fur that is interspersed with black and white hairs. Color is largely dependent on geography, so they can blend in. A male

can weigh up to 44 pounds and the female, which is smaller, can weigh up to 40 pounds.

All coyotes dwell in flexible social units. They can live in families or in loosely knit packs of individuals that are not related. They are mostly carnivores with a varying diet of deer, rabbits, rodents, birds, reptiles, amphibians, fish, and invertebrates. However, the coyote will occasionally partake of fruits and vegetables. Almost everyone has heard their howls, which are produced by solitary individuals. Their greatest threat is you humans. Indeed, many of these animals are killed by humans, followed by cougars and gray wolves. Because of this, it is hard to believe that they sometimes mate with the gray wolf and red wolf. Coywolf hybrids are relatively common in the East. In the northeastern regions of North America, the somewhat larger subspecies known as the eastern coyote is a result of various historical and recent matings with several types of wolves. As it turns out, genetic investigations prove that most North American wolves contain some level of coyote DNA.

This common mammal weighs in smaller than the gray wolf, with longer ears and a larger braincase. Its frame, face and muzzle are smaller than those of the gray wolf, but it sports the same colorings. The scent glands are smaller than those of the gray wolf, too, and are the same color as the rest of the body. Fur color remains less varied than that of the wolf. When searching for this guy, it should be remembered that the coyote carries its tail downwards when running or walking, whereas the wolf keeps its tail horizontal.

Adult eastern coyotes are larger than western coyotes, with the female weighing 21% more than the western male. Physical differentiations become more apparent by the time they are 35 days old. The eastern pups have obviously longer legs than their western counterparts. Dental development varies, as well, with the eastern guy's tooth eruption being later and in a different order. Aside from the size, the eastern coyote greatly resembles the western coyote. Once again, they resemble each other in color. The

four color phases range from dark brown to blond or reddish blond, although their most common phase is that of gray-brown, with reddish legs, ears and flanks. As far as fighting or aggression goes, there are no significant differences between these two. Still, eastern species do tend to fight less, and are usually more playful. There is a small difference nonetheless, for the western fellow often fights preceding play, while the ones from the east tire themselves from play and then they may fight. Eastern coyotes also reach sexual maturity at two years of age, much later than the western subspecies.

Now for some really fun facts: Although this canine is not as gregarious as the wolf, they still maintain social units of many individuals. This is at least partly because this species is not a specialized hunter of large prey like the wolf. Family defines the social unit of a coyote. Included here is the likelihood of one reproductive female. Nonetheless, unrelated coyotes often join forces for companionship, or to attack prey that is too large to be tackled alone. These packs of nonfamily are usually temporary and consist of bachelor males, nonreproductive females, and young that are considered subadult. Families are formed in midwinter when females enter estrus. It is common for pair bonding to take place two to three months before actual copulation occurs.

When these critters do mate it can last anywhere from 5 to 45 minutes. Scent marking, used by the female, attracts males, along with howling with increasing frequency. It is not uncommon for a female in heat to attract up to seven reproductive males that can follow her about for over a month. Eventually the mating female will choose a partner, and the other hopefuls will simply disperse, without any fighting, and search for another female. The wolf is known to practice monogamous and bigamous matings, whereas the coyote is strictly monogamous, even in areas with high coyote densities and plenty of food. Pups are often raised with the help of females that failed to mate. The newly mated pair establishes a territory and either

constructs a den of their own or cleans out abandoned badger, marmot, or skunk dwellings. The gestation period is 63 days, with an average litter consisting of six pups.

Like a faithful mate, the male searches for food and brings it to the den. Besides dens, coyotes utilize hollow trees or under cleaned-out ledges to provide safety. At birth pups weigh about 1.10 pounds and are altricial, meaning very underdeveloped, taking only milk for the first 10 days. The baby's incisors erupt at around 12 days, the canines at 16 and premolars at 21 days. Pups open their eyes at 10 days and become increasingly mobile, walking by 20 days and running at six weeks. After 15 days both parents begin to supplement their diet with regurgitated solid food. The pup's milk teeth are fully functional by four to six weeks, and that's when mom and dad begin to offer meals made up of mice, pieces of ungulate carcass and rabbits. Lactation steadily decreases after two months.

Coyote pups are particularly playful. Also, unlike wolf pups, these little guys engage in serious squabbling prior to relaxed play. By three weeks of age, coyote pups bite each other with less inhibition than wolf pups. Dominance hierarchies are formed anywhere from four to five weeks, after which they are less likely to fight. The mighty male is instrumental in raising the pups and is often in charge of feeding, grooming and protecting the young. However, if the female should wander off and end up missing, the male will abandon the pups in search of her. June through July is when the den is abandoned completely, and the pups follow their parents everywhere they go. Eyes are used first when learning to hunt, followed by smell and sound. And by the way, those used dens can be future homes year after year for these beginning babies.

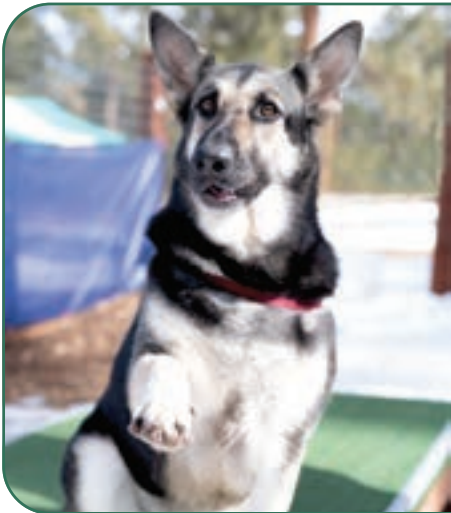
Hopefully, all this information has been enlightening as well as entertaining. Remember to keep a watchful eye out for the coyote. They live all around us and are easy to find. Have a wonderful time doing so, and I will greet you again in a month.

## Pet connections

Are You Ready to Share Your Home and Heart?



For information on adopting, visit Evergreen Animal Protective League's (EAPL) website: [eapl.com](http://eapl.com). EAPL is a foster-based rescue. Most of their animals are in foster homes, ranging from Denver, to Evergreen, to northeast Colorado, where they are loved and cared for until they are placed in a forever home.



### MEET SANDY — FOSTER HOME NEEDED!

Notes from the sending rescue: Sandy is the best dog! She is literally perfect in almost every way, just one itty bitty little flaw: she cannot be with smaller pets because she does not know how to play softly with them. At the kennel, she sat down for me to leash her, and then walked so calmly outside. If you lie down on the floor with her she will cuddle up. She took treats well, knows how to sit and give paw, but best of all gives lots of kisses. Thanks to Mountain Adventure Camp & Pet Lodge ([mountainparksvet.com/camp-overnight](http://mountainparksvet.com/camp-overnight)) for providing a temporary loving enviroment for Sandy.



### MEET MOE!

Moe is about 5 years old and a pit bull terrier mix. It is his turn to find a forever home. He just completed a 6-week intensive training program at American Canine and is currently being boarded and trained every day. He is a trainer favorite, so eager to learn and smart. He loves car rides, hiking, running, going for long walks, and he LOVES the water. He prefers a 6 ft. fenced yard, as he loves being outside and sunbathing. He loves to cuddle, loves teenagers, and is doing great with dogs and rabbits. He would do best in a home without cats, small dogs, or small kiddos. His adoption fee is \$250. Put in an application at [www.eapl.com](http://www.eapl.com).



### MEET WILLOW!

Willow is a lovely lady, very sweet and gentle. She is currently at a foster home in Evergreen. She is affectionate with people and good with other cats. Her owner moved to a place where she couldn't take her. If interested, please complete a cat application at [www.eapl.com](http://www.eapl.com) to be approved. Then you'll be able to meet this wonderful mature girl.



— ON THE MOVE FITNESS —

# Client Profile: Lisa McNair

BY LISA McNAIR AND DEB BROWN, NSCA CPT, CWC, CNS

This article profiles our client Lisa McNair. Lisa won our 2023 Transformation Award, and we are super proud of her accomplishments. She has worked very hard during her workout sessions (and continues to do so!) at the studio and, equally important, has balanced out the way in which she eats. She is proof that small, consistent, mindful changes can lead to big outcomes. We thought her story was super compelling and inspiring, so here it is:

From Lisa: “A balmy day in late May 2023, I had just turned 42 and was so tired of being tired. Two kids, three moves, one pandemic later I felt lost to myself with no idea how to get back to feeling healthy in my own skin. I had tried so many diet and exercise fads—nothing worked or stuck. That May day, I came across a picture my daughter had taken of me and didn’t recognize myself—puffy, tired, grouchy expression—I didn’t want my kids to remember me like that, so it was time for a change. I didn’t know where to start, but knew from past experience that I would need help doing whatever it was. I began Googling local personal trainers, and On the Move Fitness popped up.

“Meeting the team at OTMF was a simple step that I am so incredibly grateful I took. They were supportive, non-judgmental and knowledgeable. We started small and simple, getting my body (and mind) accustomed to working out regularly. I began keeping food journals. The act of writing



Client Lisa McNair and her husband.

down what I was eating each day was great motivation to incorporate more healthy options in rotation (and think twice about a second piece of cake). And it began working! I started to feel happier, healthier, more energetic—fabulous incentive to keep going.

“With the knowledge I had gained, I felt comfortable transitioning to also working out at home. Absolutely every journey has bumps, and the holidays (of course!) were challenging. I kept up the exercise and indulged in

all the delicious things in moderation (and didn’t let myself feel guilty). I knew that I now had the habit-base to switch back to a healthier diet after holidays and travel were complete. The gym community has been a huge part of my success. They are amazingly supportive, provide comedic relief, celebrate successes, and don’t let you dwell on failures (see holidays, above). Forty pounds lighter and so much stronger, I feel healthier now than I ever have.

“The advice I would go back and give myself is to just start, and start simple—plan in 15 minutes of simple exercise every day (walk, haul slash, chop wood), chuck in some extra veggies with dinner, look for help if you are feeling stuck. I know it’s a cliché, but small changes DID lead to big results for me. I never had success trying to make immediate, sweeping changes; these small changes worked for me and have been surprisingly sustainable.”

Deb Brown is an NSCA Certified Personal Trainer and the owner of the On The Move Fitness Personal Training Studio located in Conifer. Visit [www.onthemovefitness.com](http://www.onthemovefitness.com) or call us at 303-816-1426 for more information.



Are you having trouble staying consistent with your workouts and meeting your goals?

Call to find out how working with a Personal Trainer WILL make you more accountable.



IMPROVE STRENGTH, CORE AND BALANCE

- Personal Training
- Lifestyle Coaching
- Weight Loss
- Strength Training
- Cardio Conditioning
- Osteoporosis
- Metabolic Syndrome
- Sports Training
- Post-Rehabilitation
- General Fitness

You WILL Move Better, Feel Better and Be Better!

26367 Conifer Rd. Conifer, CO 80433  
(303) 816-1426 • [www.onthemovefitness.com](http://www.onthemovefitness.com)

On The Move Fitness is a Personal Training Studio that has been serving the Conifer Area for 16 years. Contact us at 303-816-1426 or [www.onthemovefitness.com](http://www.onthemovefitness.com) for more info.

# A Skeptic’s View

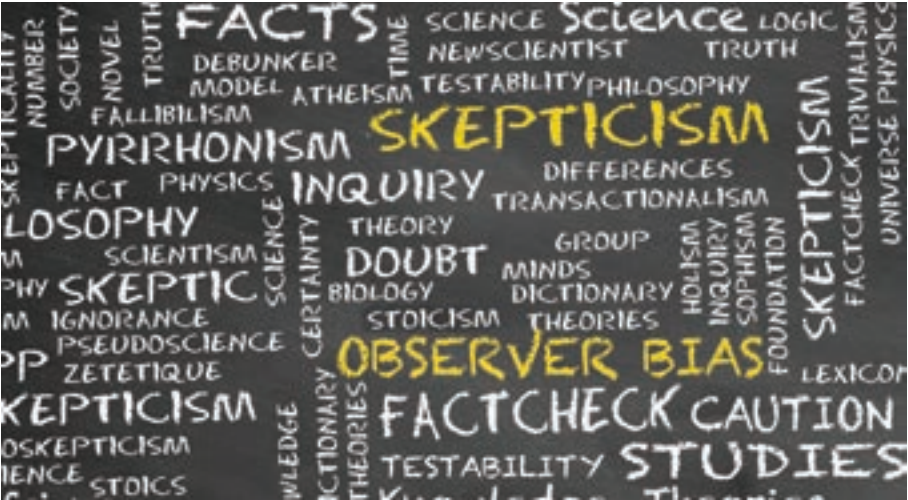
Observer Bias

BY GARY LOFFLER

Most of what we learn throughout our life we learn by observing, or at least I do. What skills I have in this life are largely derived from watching someone else do something or painstakingly working my way through a series of trials before finding the optimal path. Sadly, reading the manual is not the first thing I do when I get a new toy. Pushing random buttons is more my style.

Observation also forms the basis of most of our scientific knowledge. We work with what we can see, and when those things get too big or too small, we make tools to see them for us. When we can accurately measure something, we understand a good deal about it. The effects of the smallpox virus were obvious long before we could see the virus itself. Lots of people took lots of notes, and eventually it was determined that once you had the disease and survived, you did not get it again. This led to inoculation first with smallpox and then with cowpox before Jenner developed his vaccine. Along the way there was plenty of resistance to these medicines. Inoculation with the smallpox virus actually gave you the disease, but with an increased chance of survival. With the distance of years and the advancements of science, inoculation strikes me as a horrible option. No parent wants to hear “if this works” when dealing with their children’s health.

Scientific studies are a structured way to observe something. A research scientist will set up an experiment and watch what happens. Normally they start with a theorem and create a situation that challenges that theorem. Say, for example, that I noticed when I have the common cold, spicy Thai food helps me recover quicker. A study could be set up to enlist people with a cold and a menu from a local Thai restaurant. You split the enrollees into two groups; one that gets spicy Thai and one that gets



“Observation forms the basis of most of our scientific knowledge.”

bland Thai. And you run into the first issue with the trial: the trial cannot be double blind. There is no way to prevent everyone involved in the study from knowing who got the spicy food. If the person running the trial believes that spicy food shortens a cold, it is easy for them to elicit positive responses from that section of the trial. This is exacerbated as it is difficult to objectively determine how much a cold affects someone. You end up simply asking the trial subject. Also there is the little issue that the common cold is not caused by a single virus. According to [www.health.harvard.edu](http://www.health.harvard.edu), “more than 200 specific viruses that can cause the common cold have been identified.” There are rhinoviruses, coronavirus, adenovirus, and respiratory syncytial virus, which means the study would have subjects with different variations of the common cold with variations of length and severity.

Proper studies are double-blind to minimize the chance of observer bias. For example, in a medical study, neither the subjects nor the trial administrators know who is getting the real medicine and who is getting the placebo. Peer review is another way to limit observer bias. Once a study is published, it is often repeated by a different group to verify the results. If the results don’t match, both studies are looked at to find the difference. In the case of a new study finding a significantly different result than the norm, there may be multiple verification studies or metadata studies (which are a lot quicker) to see if the questioned results pan out in the real world. If my study on Thai food were published with positive results, a quick check on the common cold rates in Thailand would likely be the first statistics looked at. Sadly, this has already been done, and a report by the TheLancet.

com found that Thailand has a higher occurrence of upper respiratory infections (common cold) than the United States. This would not completely negate the study, but it would lower confidence in the results.

Metadata analysis is a very useful tool, but it also can fall prey to observer bias. Done properly it can track the efficacy of a medicine or new surgical technique across millions of people rather than the thousands of a traditional study. However, if a researcher is going into a study with a desired result, it is also easy to skew the outcome to match that result. Omitting data that does not support your theorem or introducing noise (superfluous info that confuses the data) is easy to do, either intentionally or accidentally. Again, peer review comes into play here. Unfortunately, peer review often happens after publication. The initial furor caused by an improperly run or even faked study is rarely smoothed out by a later retraction of that study. One would think that overwhelming evidence of a study’s falseness would convince most people, but instead it seems to lead to conspiracy theories. Note that the use of “theories” here is not the scientific meaning of proven, tested and predictive, but more in the range of wild guesses.

Of course, it is not only science that has to deal with observer bias. People (myself included) do it all the time. It is very difficult not to look favorably on a news article that supports your point of view. Patience is the best defense against a new sensational study or news item. When a study comes out that seems to contradict years of previous research, just wait a bit. You may not see a retraction in the news outlet you normally view, so perhaps check out Harvard’s medical site or The Lancet’s to get more info.





GRANT

AUTOMOTIVE

Expert Car and Truck Repairs

Diesel Emissions Testing





Bring your vehicle to someone you can trust:

Ben Grant and his team at Grant Automotive!



YOUR ONE-STOP SOURCE FOR THE BEST AUTO REPAIR SERVICE IN MORRISON, CO SINCE 2000

REPAIRS • ALIGNMENTS • TIRES

Ben Grant, owner

Office Hours:  
M-F: 8:00 am – 5:30 pm  
(closed on the weekends)

There is an after-hours drop box and you can make after-hours pick-up arrangements.

Professional Automotive Repair from someone you can trust to do it right!

Ben Grant, the owner of Grant Automotive, grew up in Pine Junction and has always been involved in the mountain community. At the age of 15, Ben knew that his strong interest in automotive repair would determine his professional direction and after 12 years of working for Kevin’s Subaru he opened Grant Auto in July of 2000.

Ben has steadily built a loyal following and currently has ten employees. He estimates that he and his techs combine to reflect about 100 years of experience, and it is important to note that 30 of those years are his.

Ben prides himself in the volume of repeat service in American and Japanese-made vehicles. They have the latest computerized diagnostic equipment including two alignment racks that utilize digital cameras to align all four wheels accurately.

In addition to having the latest equipment, they can take care of all recommended mileage services for vehicle warranty, specializing in late-model fuel-injected cars and trucks. Diesel repair and performance upgrades such as exhaust systems and power chips are also offered.

If you need your car or truck repaired, need mileage services, basic services, or even new tires, **Grant Automotive is the place to go. It is located at 19356 Goddard Ranch Court on Highway 285**, ½ mile south of North Turkey Creek, just 6.5 miles from C-470 and Highway 285 and just down from Aspen Park.

PLEASE CALL  
**303-697-0225**  
TO SCHEDULE AN APPOINTMENT  
and visit [www.GrantAutomotive.net](http://www.GrantAutomotive.net)

19356 Goddard Ranch Court Morrison, Colorado 80465 303.697.0225

all major credit cards accepted



Proud member of the Better Business Bureau



5 stars from Bruce, a verified customer:

"Grant very quickly helped us out in an emergency. We couldn't be happier!" —Bruce C.

To date over \$118,000 has been donated to mountain area nonprofits by your MOUNTAIN CONNECTION | 26689 Pleasant Park Road, Building A, Suite 260, Conifer, CO 80433 | t. 515-326-2672



# OUR READERS’ FUR (AND FIN) BABIES!

Thanks for Sharing the LOVE!



We have 5 fabulous fish and shrimp in the tank.



Oliver is our 7-year-old orange love bug.



“Official” name is AKC and International Champion Timbermist’s Frozen to Chosen by Design CGC TD. aka Harper.



Eating those forbidden flowers! Savannah 2023. Evergreen



Josie is our 6-year-old grey feisty feline.



This is Cobweb 2 years old, rescue from EAPL



Synclair, 2 years old, rescued through Colorado Saint Bernard Rescue



Josie Earp





### Sealcoating

With a sealcoating treatment on your asphalt driveway or parking lot, it will better resist the elements.



### Asphalt Paving

When it comes to asphalt paving, we have the skill and experience. We can take on any job, no matter the size, from residential driveways to commercial parking lots.



### Parking Lot Striping

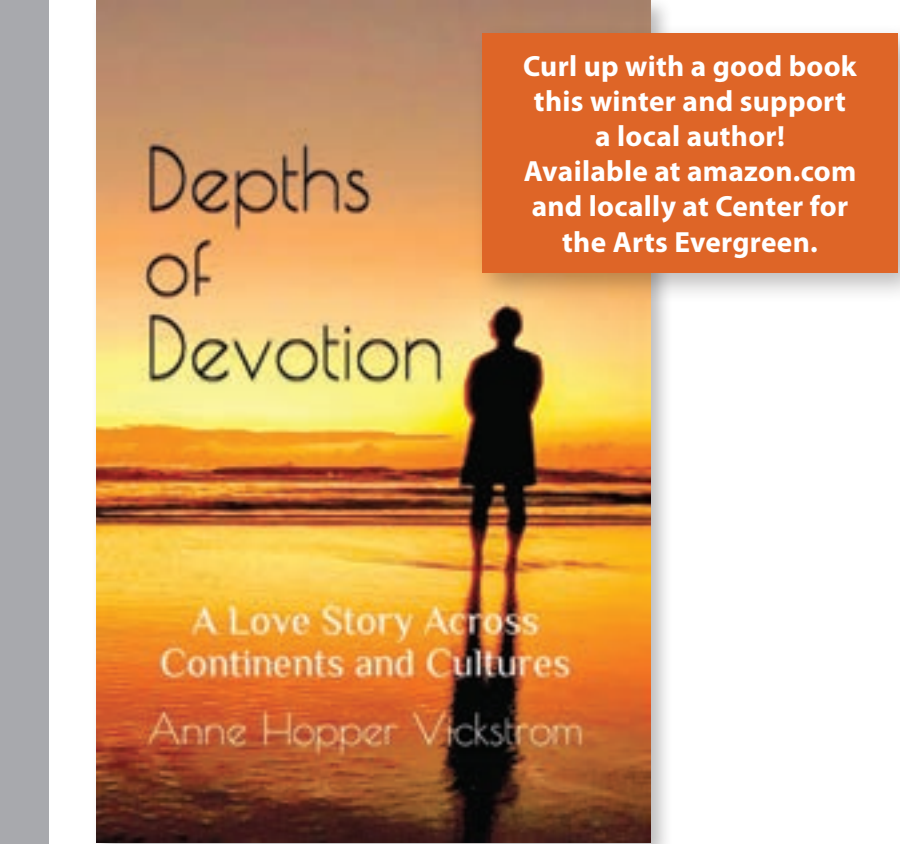
Get it done right the first time! We are a professional striping painter. Our work is always done quickly and efficiently.

If you have been looking to improve your driveway and help prevent damage from the snow and ice, **contact me at All Sons Asphalt Sealcoating & Paving LLC today.** My goal is to provide the best, most efficient, and most affordable asphalt and seal coating services to my customers far and wide.

**10% OFF**  
if you mention this ad

PO Box 18242 Golden, CO 80401 • [www.Allsonsasphalt.com](http://www.Allsonsasphalt.com)  
**(844) 732-5481 • (720) 413-6867**  
Call today for a free estimate!





*“What is worth fighting for? This heartwarming story will inspire and leave readers pondering the true meaning of love, sacrifice, and devotion.”*

**Love, sacrifice, and devotion** weave throughout this heartwarming story of a newly graduated American doctor who, despite early success, feels uncertain of his future and wants to make a difference in the world. He joins an experienced doctor with decades of practice across the African continent, and they quickly become friends. Working together through tragic circumstances, Kate and Jason fall in love. They create an idyllic life together amid challenges and dangers that come from working with communities rich in natural resources—too tempting for corrupt actors to ignore. Their devotion to the tribes they serve and their ancient cultures only enhances the love between them. When violence threatens their life together, Kate and Jason’s relationship collides with prejudices outside their world, jeopardizing their future. Jason must answer the ultimate question: what is worth fighting for? This heartwarming story will inspire and leave readers pondering the true meaning of love, sacrifice, and devotion long after the final page has turned.



During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women’s History Month. Every woman has a story to tell and gifts to share with the world. So get ready, because this month is about honoring magnificent ladies, and we are ready to celebrate it to the fullest. The 2023 National Women’s History theme is “Celebrating Women Who Tell Our Stories.”

Women’s History Month celebrates the often-overlooked contributions of women in history, society, and culture. It has been annually observed in the United States and other countries, including the United Kingdom and Australia, every March since 1987. The month is observed in October in Canada. March is selected as the month for observing Women’s History Month to correspond with International Women’s Day on March 8, and Canada observes it in October in correspondence with Persons Day on October 18. The month-long commemoration started with Women’s History Day in 1978, organized by the school district of Sonoma, California. Hundreds of students participated in the essay competitions, many

presentations were given, and a parade was held in Santa Rosa. The idea caught on and, a few years later, school districts, communities, and organizations all over the country were celebrating the day. In 1980, the National Women’s History Alliance campaigned for the holiday to be observed as a national week, and this was backed by President Jimmy Carter, who issued the first proclamation declaring the week of March 8 as National Women’s History Week. The following year, Congress forwarded a resolution establishing a national observance. Six years later, the expansion of the event to the whole month of March was successfully petitioned by the National Women’s History Project.

Sources: [nationaltoday.com](http://nationaltoday.com), [history.com](http://history.com)



# I OPENED MY EYES, AND IT OPENED MY HEART

BY ANNE VICKSTROM

*“I realized that each person to whom I reached out was carrying their own load.”*



*“If you’re ever feeling overwhelmed, I encourage you to reach out to friends and family, or to find local resources of support through non-profits and government agencies.”*

Last month, after experiencing absolute elation from a joyful family event, we were suddenly plunged into darkness—we lost a young friend to random violence. At the same time, our hearts were broken by the actions of someone who didn’t intentionally try to hurt our family, but ended up doing so, regardless of intent. Next, we got word that a beloved relative was in the hospital and thank God, miraculously recovered. Even so, we had been banged up in our worry for her. We were deeply bruised through all the tears, worry, and sleepless nights.

I’m a person who is known to reply to “Hi, how are you?” with a bright-eyed smile and a quick, “Fine! How are you?” because, usually I really am fine, and I really do want to know how you are. After everything, I was too exhausted to happily reply, so instead I sought help. I couldn’t make sense of all that had happened, and I needed to process it with the help of friends and family.

I called my sister who lives far away not only physically, but also emotionally as to the issues—she didn’t know those involved—so she was able to listen, then give me some healthy perspective from someone removed from the pain. Next, I carefully chose friends with whom to share my struggles. After telling one special friend, I found myself engulfed in her bear hug. She didn’t say anything at first, but just held me because she knew that’s what I needed—because she had needed the same recently. The conversation went to a number of her recent challenges

that had left her feeling as wrung out as I was feeling. At an art event I was pulled aside by another friend who shared her struggle that matched one of mine. We empathized and sympathized and left with a quick hug and deep breaths to get us both back to the present. Another friend forfeited a walk when she realized I needed a cup of tea and her fine-tuned ear to hear not only my story but also my emotions. Then we discussed her challenges, seemingly impossible to overcome, but we both came up with possible solutions to try, and ended the conversation with hope. And perhaps best of all, a wise friend left me with the words, “Realize that these issues don’t belong to you. You can sympathize, but they’re not yours to own.” Wow! What permission to care, but recognize that it’s actually improper to claim as my own.

Time always heals, and with the help of loving friends and family, I found that once again when someone asked “How are you?” I was able to sincerely reply, “Fine! How are you?”

I opened my eyes, and it opened my heart. While I was tangled up and confused in my own grief and struggles, I realized that each person to whom I reached out was carrying their own load. I was flattered that they were willing to unburden themselves to me, just as I had to them. Of course, I’ve always known that we all have struggles, but like too many people, I had quickly pushed them away to feel better without addressing them.

The weight of what happened all at once made me stop and deal with my emotions, and allowed me to stop long enough to hear from friends and family what they’re carrying.

It’s too common for us to hide our pains and challenges. By reaching out and opening myself up to others, we’ve all been able to help each other heal.

If you’re ever feeling overwhelmed, I encourage you to reach out to friends and family, or to find local resources of support through non-profits and government agencies.

One final piece of advice, as this month’s theme in *Your Mountain Connection* is Pets: if you live with a pet, cuddle your critter, there’s no better medicine! May the coming days be filled with joy and happiness.

- **Jefferson Center for Mental Health**  
– 303-425-0300
  - **Mt. Evans Home Health Care and Hospice – Counseling Services**  
– 303-674-6400
  - **Mountain Resource Center**  
– 303-838-7552
- 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 their three children and six dogs.



— KELLER WILLIAMS FOOTHILLS REALTY —

# Open Mindset

*Method to Sustain After Loss*

BY LISA PLUMMER SMITH



*“I believe love is such a powerful force that it transcends time and death.”*

This month I am writing about death and grief. I am sharing my story in an attempt to help others who may face similar experiences. I believe love is such a powerful force that it transcends time and death. If we train our minds to look for signs, we may tune in to subtle vibes, messages, or gifts. Has a song, smell or place taken you back to a wonderful memory? Perhaps an event happened in your life that you couldn't explain, a strong coincidence or feeling? These can be seen as gifts from our departed loved ones and provide great comfort. I have had a number of lucky coincidences or signs from my late husband, Phillip, who has been gone nearly five years now. At first I didn't know what to make of them.



Phillip didn't plan to die at 54 while we were vacationing in another country. Sometimes the worst happens when you least expect it. Get travel insurance, learn basic emergency first aid, be able to give your location and be aware if you're traveling in an area without cell service. Medical services can be limited even at hospitals, and a flight for life is not always an option. We found cell service within minutes. I gave him CPR. The ambulance arrived nearly immediately...but we still lost Phillip to a heart attack that day. The weeks and months that followed weren't easy. I've learned both partners' names should be on bank accounts and all beneficiaries kept current. Each partner should establish credit in their own name,


the deed on your home should be prepared properly at purchase for inheritance purposes (if you need help checking this, please reach out), both partners should be listed on utility accounts and a secured list of passwords/codes should be maintained. It costs \$450 to break into a safe, double if you damage it trying to get in on your own. Just recently I found three dusty photo albums on the top of a bookshelf when I was gathering books to donate. I grabbed a stepladder, pulled them down, sat on the floor and went back in time. Inside were photos I'd never seen of Phillip playing in his 20s and 30s, and working around the world—smiling, young and healthy! I set the albums aside for my daughter, and one quiet morning before Christmas I pulled them out. She pored over them, seeing her dad as she rarely had before and all of our friends as '80s babes. She laughed at our hair and our styles, she took pictures of quite a few of the photos with her phone and gained a better understanding of her father and herself perhaps, in a way. When Phillip and I first started dating, I had a high-spirited, off-the-track thoroughbred horse. Phillip wanted to ride him, telling me he knew how to ride a horse, had ridden one in Egypt by the pyramids, and even jumped a river. Still, when he rode my horse, Joey, I put him on a long lunge line to make sure all went smoothly. Phil was a bit offended, but I likely saved at least his pride if not his life. Sure enough, in one of the photo albums I found this legendary photo of him posed magnificently on horseback with the pyramids in the background. What a treasure! About four months after Phillip passed I was sitting in my living room with a friend.

A penny came whizzing behind us from the direction of Phil's favorite chair. Alone in the room, we looked at each other in shock, then laughed. I love these gifts, signs or messages and have trained my mind to look for them. Like a glimmer, I can sometimes relive the memory of Phillip's love and feel a calm happiness come over me. My daughter needed a Duran Duran CD for Evergreen High School's *The Play That Goes Wrong*, a recent theater production she was in. She asked me, "Mama, would Daddy have had a Duran Duran CD?" I told her to look, and sure enough, right away she found the exact one she needed. I said to Phil in my head, "I know that was you, babe, thank you."






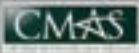
**Savvy Mountain Realtor specializing in Relocations/Horse Properties/Estates**  
**Lisa Plummer Smith**  
**Keller Williams Foothills Realty, LLC**  
**Cell: 907-632-3683**  
**lisarayanne@gmail.com**






**106 Jess Mar Drive, Bailey • \$1,460,000**

- ▶ Certified Organic Farm • Senior Ditch Water Rights
- ▶ 13+ Acres • 2 Lots • 60x100 Insulated Heated Building
- ▶ 2500sf House • 3 Bed • 2 Bath • '95 Build



**Lisa Plummer Smith**  
**907-632-3683 • lisarayanne@gmail.com**  
**Keller Williams Foothills Realty, LLC**

**10875 US-285 Conifer, CO 80433**  
**32114 Ellingwood Trail, Ste. 100**  
**Evergreen, CO 80439**





# Evergreen Chamber Ribbon Cuttings and News



**Alpine Fuel Nutrition**  
Sports nutritionist Lindsay Christensen provides one-on-one nutrition consulting services to athletes to help optimize their nutrition for peak health and performance.

**Lindsay Christensen - Sports Nutritionist and CEO**  
5655 S Yosemite Street Suite 350  
Greenwood Village, CO 80111  
630-329-1635  
lindsay@alpinefuelnutrition.com  
alpinefuelnutrition.com



**Aslan Home Lending Corporation**  
Aslan has access to every lending option leading to the purchase or refinance of a residential home loan. In fact, we can't think of a financial product that we don't employ for our clientele.

**Stephanie Riggi - Senior Loan Officer**  
1777 S. Harrison Street  
Suite 1000  
Denver, CO 80210  
303-829-8188  
stephanier@aslanhlc.com  
aslanhlc.com



**Dandelions Café**  
Dandelions Cafe will serve quality breakfast and lunch options 5 days a week in Bergen Park.

**Nick Brunel - Owner**  
1552 Bergen Pkwy Suite #305  
Evergreen, CO 80439  
303-674-5156  
nick@dandelions-cafe.com  
dandelions-cafe.com



**Five Star Painting of Golden**  
We specialize in interior painting, exterior painting, exterior staining, kitchen cabinets, drywall, and commercial.

**Brian Durant - Estimator / Project Manager**  
994 S Rachel Ct  
Milliken, CO 80543  
303-591-2324  
michael.cook@fivestarpainting.com  
fivestarpainting.com/golden/



**Mr. Electric of Golden CO**  
Mr. Electric is an electrical installation and repair company delivering our services according to the Mr. Electric customer service philosophy: safety, professionalism, reliability and convenience.

**Clay Riser - Owner**  
30746 Bryant Dr Suite 415  
Evergreen, CO 80439  
303-808-1022  
mrelectric.com/golden-co  
goldenco.owner@mrelectric.com



**Reins AI**  
We create solutions that help decision-makers through implementers confront the uncertainties of Generative AI investment.

**Marisa Boston - Founder**  
5849 S Merriam Dr  
Evergreen, CO 80439  
720-495-1828  
reinsai.com  
marisa@reinsai.com



## Winter Fun for Everyone

BY NANCY JUDGE

**Chill Out, Evergreen!** Saturday, March 2nd, is the Second Annual Chill Out Winterfest sponsored by Caldwell Insurance, an American Family Insurance office here in Evergreen.



This is a day filled with fun for everyone in our community. Your Evergreen Chamber of Commerce is partnering with Evergreen Parks and Recreation, Outbound Mountain Gear and many of our businesses across town to provide fun and frivolity to beat the winter blues and get us ready for spring! Details and registration information for each event can be found at evergreenchamber.org Here is a list of all the options available:

**Ice Fishing Tournament** runs from 8 am – 1 pm, check-in at 7 am.

**Ice Fishing Clinic** for kids age 4+ from 9 am – 11 am.

**Mushies Cup** (Think large, fun inflatables on the ice with one team member pulling the other. Mush! Mush! Family-friendly hilarious competition for all ages on the ice.

Teams of 2 or 4 take to the ice to pull, like a dog sled, their teammate(s) around an obstacle course without popping their float or losing their teammate off the float! Races will run between 10 am – noon.

**Touring Ski Race** hosted by Outbound Mountain Gear. Don your split or AT skis and race the course on Evergreen Lake. Don't have the equipment? OMG will get you outfitted for the race. 12:00 pm check-in at the Lake House.

**Evergreen Amazing Race** Your choice of three courses. The Original Amazing Race will consist of teams of four, one of whom is your designated driver, completing challenges for points at establishments across the community, followed by enjoying an adult beverage at each location before receiving your next location. Evergreen North and Downtown courses will be walking from one challenge to the next for about two miles on foot. Both are appropriate for families and groups of teens. Each of the Amazing Race competitions returns back at the lake house for a celebration.

**Teen Skate** from 4 – 8 pm. There will be games on the ice, fire pits for s'mores and teen music.

**Family Game Night** inside the Lake House from 5 – 8 pm. Adult beverages will be available for purchase, Slifes food truck will be on hand selling burgers, brats and dogs for dinner, and the games will be appropriate for all.

Join us on Saturday, March 2nd. Chill Out and have a fun day!

Visit our website [EvergreenChamber.org](https://EvergreenChamber.org) • Call us anytime 303-674-3412.

❄️ Ice Fishing Tournament

❄️ Ice Fishing Clinic

❄️ Mushies Cup

❄️ Touring Ski Race

❄️ Amazing Race

❄️ Amazing Race North

❄️ Amazing Race Downtown

❄️ EPRD Teen Skate

❄️ Family Game Night

REGISTRATION & TICKETS:  
[EvergreenChamber.org](https://EvergreenChamber.org)

Amazing Race sponsor

Touring Ski Race Host

Mushies Cup sponsor

Mushies Cup sponsor

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.

# WE SUPPORT LIVING LOCALLY



# Conifer Chamber Ribbon Cuttings and News



**Envision Realty Group**  
**Danna Johanson**  
Danna is dedicated to serving our mountain community and has worked in real estate all over the Front Range for over 30 years. She is a resourceful agent and can help with all of your real estate needs.  
**303-517-0711**

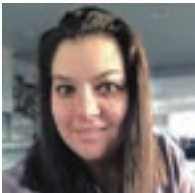
## A Heartfelt Thank You to Our Board Members

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR



Great leaders inspire, guide, and empower individuals, fostering a shared vision that transforms challenges into opportunities and creates collective success. Today we express our gratitude to five outstanding community leaders and board members who have served tirelessly for the past three years. Their vision, insight, and passion for our community have been instrumental in driving our mission forward and fostering economic growth in the Conifer area.

Thank You!



**Kristin Judy**  
Spectrum Electric



**Mike Thompson**  
Snowpack Taproom and Pizzeria



**Tyler Coomes**  
Conifer Gutter and Best Awning



**Dual Schneider**  
The Law Office of Dual C. Schneider



**Vanessa Acree**  
Morse Evergreen Auto Body

We extend our deepest appreciation to **Kristin Judy** of Spectrum Electric, **Mike Thompson** of Snowpack Taproom and Pizzeria, **Tyler Coomes** of Conifer Gutter and Best Awning, **Dual Schneider** of The Law Office of Dual C. Schneider, and **Vanessa Acree** of Morse Evergreen Auto Body for their service and support. Each board member has brought a unique perspective and expertise to the table and has significantly contributed to the success of the Conifer Area Chamber of Commerce. We look forward to continued collaboration in the years to come, knowing that their contributions will continue to

have a lasting effect on the Conifer business community. Thank you for your service! Our continuing board members are **Bill Aubin** of Optive Commercial Capital, **June McKenzie** of RE/MAX Alliance, **Katie Burgoyne** of AMRAMP Accessibility, **Jacqui Angelo** of Blue Leaf Design Build, **Denver Cook** of JFR and Associates, and **Steve Dennis** of Bellwether Siding and Windows. We are actively working to fill the board of directors with new leaders—please reach out to Beth if you are interested in serving.

Beth Schneider  
Executive Director  
Conifer Area Chamber of Commerce



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**

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!



## Dogs, Dogs, Dogs

BY CATHY KOWALSKI

**Attention!**  
I'm not asking for your attention, I'm talking about how we get our dog's attention.

There are so many distractions, particularly if you are away from home. Sometimes we get annoyed when our dogs don't listen to us, and they don't even remember we are there when they are out for a walk or go to a new place. According to Dr. Michael T. Nappier, DVM, DABVP, of the Virginia Maryland College of Veterinary Medicine, a dog breathes in and out at the same time and smells separately with each nostril. A dog's vomeronasal organ helps them detect pheromones. Their sense of smell is 100,000 times better than ours. Treats that have a strong smell are more interesting to them than the taste. Their sense of smell takes over when they are in a new environment, and they forget all about everything else. When you go on walks or into places, make sure to take treats with you. You will want better treats for excursions than the treats you would use at home for training. That could include some steak, chicken, or turkey. When you are cooking, cook up a little extra for them without any spices or sauces. Cut it up into small pieces (1/2 size of your pinkie nail) and put it in a baggie in the freezer – now you have great treats for when it is difficult for your dog to pay attention.

Service dogs are allowed anywhere the public is allowed. Please remember that therapy dogs and emotional support animals are only allowed where they are invited. During service dog training, one of my clients had a dog that would find something to be afraid of no matter where we went. At the mall during training it was mannequins. He could not go into any store with a mannequin. Another time it was a banana tree at a grocery store. She found that after she trained her dog to catch the treat, their concentration was so intense on catching the treat they didn't care any more about the items that previously had made them uncomfortable. Teaching your dog to catch a treat can be very easy or can turn out to be challenging. I have two dogs. Phoenix, a labradoodle, is a little slow to learn things and very cautious – however, he has caught every treat I have tossed to him with no problem at all. Tahoe is very smart and learns commands easily, but even after a few sessions he has not been able to catch a treat tossed to him. He can catch a treat dropped over his head every time! Start with popcorn that has no salt or butter; it will float through the air slowly and is large as opposed to tossing a treat

that moves quickly. Have your dog sit about two feet in front of you. Make sure they see the treat above their head and drop it. Make sure they are not allowed to have the treat if they miss it. I tell them "Leave it," and that has worked really well. Once they are catching the treat dropped right over their head, you can move on to tossing it towards them. Keep the sessions short, but you can do it more than once a day. Practice tossing their toys or a ball, but make sure that whatever you toss to them is soft and won't hurt them. Tossing treats to them while out on a walk will help them pay more attention to you, and then they can go on sniffing! They will love both.



Cathy is the Executive Director and trainer at Faithfully K9 Service Dogs and Dog Training. Call 720-934-7378 or visit the website **www.faithfullyk9.com**.



# CALENDAR OF EVENTS

**March 1, 8, 15, 22, 29**

Cactus Jack’s is always the spot for the best live music in Evergreen. Enjoy outstanding live music every Friday, from 8–11:55 pm. [evergreenlivemusic.com](http://evergreenlivemusic.com)

**March 1–March 16**

**Undefined** is an exhibition created by the CAE Teen Council and comprised of artwork by teens from throughout Colorado. Learn more at [evergreenarts.org](http://evergreenarts.org)

**March 2**



Your Evergreen Chamber is rolling out a day of fun called **Chill Out Winterfest**. For info go to [evergreenchamber.org](http://evergreenchamber.org)

**March 2**

Curious about Yin Yoga or already love it? Join Lauri Glenn, owner of Widespread WellBeing and certified Yin Yoga Instructor, for a **2-hour workshop at Gather Yoga** in Evergreen, 30922 Hilltop Dr., Suite 100. We will dive into the science and philosophy of Yin Yoga and conclude with a relaxing and rejuvenating, mindfulness-based Yin Yoga Practice. \$40 in advance, \$55 day of. <https://lauriglenn.com/yin-yoga-workshop/>

**March 2 and 3**

**Evergreen Chamber Orchestra’s Prelude to Spring Concert**, 3–5 pm at the Rockland Community Church, 17 South Mt. Vernon Country Club Road, Golden. \$10–\$25. [evergreenchamberorch.org/events/](http://evergreenchamberorch.org/events/)

**March 6**

Mountain Area Land Trust (MALT) invites you to join us from 9–10:30 am for **“Conservation Trends in the West”** with Lori Weigel, Principal of New Bridge Strategy. Lori will share an inside look at the findings from the 14th annual bipartisan Conservation in the West poll, which shows Westerners’ views on climate change, public lands, water, recreation, and other important conservation issues. Coffee and snacks will be served. Location: MALT, 908 Nob Hill Rd, Suite 200, Evergreen. **RSVP: [malt@savetheland.org](mailto:malt@savetheland.org) or (303) 679-0950.**

**March 9**

**Evergreen Audubon Bird Walk to South Platte Park**, 7:30 am–12 pm. Meet at the Evergreen Library at 7:30 am, or meet us down there at 8:10 am. Register at <https://evergreenaudubon.org/events/march-9-bird-walk-to-south-platte-park/> or for more info email [chuck.aid@evergreenaudubon.org](mailto:chuck.aid@evergreenaudubon.org) for more info. All ages welcome!

**March 14**

**Evergreen Chamber March Madness Mixer**, 1–5 pm at the The Wild Game, 1204 Bergen Pkwy., Evergreen. Member price \$35, non-member price \$45. Tickets include 2 alcoholic beverages, the buffet and all the games. [evergreenchamber.org](http://evergreenchamber.org)

**March 7, 14, 21, 28**

Join us from 4–7:45 pm for **Thirsty Thursdays at the Blackbird Cafe**, located at 25940 Highway 74 in Kittredge. There will be weekly entree specials and live music!

**March 15**

**Friday Cafe**, 11:30 am–2:30 pm, at Christ the King Church, 4291 Evergreen Pkwy., Evergreen. This luncheon is for seniors who would like to have a scrumptious luncheon along with music and an enjoyable afternoon out. The lunch menu changes each month. Great fellowship, fun and entertainment will be in store! [seniors4wellness.org](http://seniors4wellness.org)

**March 15–April 17**

**The Wizard of Oz at Center Stage**. A musical retelling of everyone’s favorite classic movie. Follow Dorothy down the yellow brick road and beyond! Fridays and Saturdays at 7:30, Sundays at 2:30. [ovationwest.org](http://ovationwest.org)

**March 19**

**Evergreen Chamber Connections and Cocktails**, 4:30–5:30 pm at the Lariat Lodge, 27618 Fireweed Drive, Evergreen. [evergreenchamber.org](http://evergreenchamber.org)

**March 19**

**Broadway and Beers** 6 pm at Cactus Jack’s. Amazing singing of your favorite Broadway hits from the Ovation West Singers and some awesome beers from Cactus Jack’s.

**March 30**

**Pickleball Tournament—March Mayhem**, 8:30 am–12:30 pm at the Wulf Recreation Center, 5300 S Olive Road, Evergreen. For intermediate players (2.0 to 3.0). Two-player teams (mixed, female or male). Prizes for the top teams. 3-game guarantee, rally scoring, \$25 per team. 720-880-1200

**Ice Skating at Evergreen Lake • 2024 Season**  
Please check our website ([www.evergreen-recreation.com](http://www.evergreen-recreation.com)) often for schedule updates, or call the Lake House’s Skating Hotline at 720-880-1391. Hours are normally Monday to Friday from 3–7 pm, and Saturday and Sunday from 9–7 pm. A season pass includes skate admission and rentals! Due to the nature of the ice, EPRD cannot guarantee opening days/times or ice quality. There will be no refunds, transfers, or credits. Annual pass: \$200, 10 punch pass: \$120.

**April 8**

**Solar Eclipse Watch Party at Floyd Hill Meadow**, 11:28 am–1:54 pm. Mountain Area Land Trust invites you to watch the solar eclipse at Floyd Hill Meadow where, weather permitting, you’ll see a partial eclipse (72%). Be sure to bring a camping chair and blanket for a comfortable viewing spot in the meadow. MALT will provide solar glasses to the first 50 attendees who RSVP! Location: Floyd Hill Meadow (near 105 Beaver Brook Canyon Rd, Evergreen). **RSVP: [malt@savetheland.org](mailto:malt@savetheland.org) or (303) 679-0950**

**March 2024**



**PeaceWorks, Inc.** offers a complimentary Community Wellness Program as part of our advocacy for personal wellbeing, healthy relationships, and safe homes. All are welcome. Attend in person at Taspen’s Dragonfly Studio, register [www.taspen-shealingcenter.com](http://www.taspen-shealingcenter.com) under Events or online (Zoom details on website) [www.peacework-sinc.co/communitywellness](http://www.peacework-sinc.co/communitywellness)

**March 6**

**Restorative Yoga** 5:30–6:30 pm. 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 supports relaxation and reduces 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.

**March 13**

**Honoring Our Inner World Through Meditation** 5:30–6:30 pm. Class will begin with Activations and Dance to warm up

the body; a variety of breathwork will be weaved into class, along with journaling. The combination of activations and breathwork will engage the release of energy before the meditation. Beginning classes will start as a 20–25 minute meditation, which may include a session of deep relaxation as well. Bring a journal and pen, along with a water bottle.

**March 20**

**Block Therapy™ Trauma Release** 5:30–6:30 pm. Trauma (physical and emotional) 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.

**March 27**

**Dru Yoga** 5:30–6:30 pm. Dru has a focus upon maintaining a healthy spine, through activational movements in the beginning of class and throughout a Dru session. A typical Dru Yoga class includes energy block release sequences, classical asanas (yoga postures), pranayama (breath work), mudras (gestures), positive affirmations, and also empowering visualizations. Dru classes are tailored to the student and their individual level, which makes it great for everyone!



Submit your calendar events to *Your Mountain Connection* via Marty Hallberg ([news@yourmtnconnection.com](mailto:news@yourmtnconnection.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.

If your group is no longer meeting, please let *Your Mountain Connection* know via Marty Hallberg ([news@yourmtnconnection.com](mailto:news@yourmtnconnection.com)).

## Wild Aware Brings Volunteers Together Again

Wild Aware, an Evergreen, CO, non-profit organization, is actively recruiting volunteers, new and old, for their *Last Friday Coffee*, a monthly event that takes place on the last Friday morning every month until further notice. This month’s gathering will begin at 9 am on March 29th, at the Evergreen Bread and Cocktail Lounge, 1260 Bergen Pkwy, Evergreen, CO 80439.

Wild Aware volunteer coffees are fun get-togethers. Attendees get to know each other in a casual environment, sharing wildlife stories, learning the many ways to get involved with Wild Aware, and making new friends. Volunteer co-leaders Sara Barnas and Melanie Mills coordinate these monthly socials to create friendships with like-minded animal lovers, gain knowledge

about our wildlife neighbors, encourage participation in activities and events, and build loyalty among volunteers.



For more information, contact Sara at [barbedwire@wildaware.org](mailto:barbedwire@wildaware.org) or Melanie at [melanie@wildaware.org](mailto:melanie@wildaware.org).

## Wildfire Evacuation Preparedness

Wildfire evacuation planning isn’t just about physical movement; it’s about being mentally prepared, informed, and ready to act swiftly when needed.

I used to think that it would be easy to evacuate; I had a list in my head of what I would take and what I would do. I could be out of the house in 10 minutes tops and on the road to getting out of Dodge.

That was until I got a phone call from a neighbor asking me what I knew about a column of smoke she could see from her deck. It took me a good 10 minutes to get my head around the fact that there was a wildfire somewhere within view of my neighborhood, and then I had to convince my husband and a house guest that we had to be ready to leave. I was wearing out the floor running in circles trying to think straight. Then the phone started ringing with other neighbors looking for information. Yes,

panic was an easy place to slip into.

The realization that procrastination, overconfidence, and optimism bias had created a situation that could cost all of us dearly became very clear. That is where the idea of a Wildfire Evacuation Planning Workshop started. The few minutes it would take to be prepared could save lives.

**Join us at the Crow Hill Firehouse for the Wildfire Evacuation Planning Workshop on 4/6/24 or 4/14/24 from 2–4 pm.**

Learn about Code Red notifications, your evacuation routes, Got Five lists, and much more. Don’t let wildfire catch you off guard. Learn how to evacuate safely and swiftly when disaster strikes.

Workshop is provided by the Platte Canyon Fire Protection District, Fire Adapted Bailey, and the Senior Alliance of Platte Canyon.



COOKING CLASSES WITH... CASTLES KITCHENS

# Wild Boar Ragu with Pappardelle

BY TOM BECKER

“Also known as pappardelle cinghiale, it’s known as Tuscany’s national dish.”

For those of us who frequently visit repeated travel locations, I believe that the local culinary offerings create a natural attraction. For a number of years, business travel often took me to the Tampa-St. Pete area. Late spring along the Florida coast is grouper season, and fresh grouper out of the Gulf is a favorite of mine. Upon my arrival in St. Pete, you would find me having a grouper benedict for breakfast, a blackened grouper sandwich at lunch and roasted grouper for dinner. OK, there was always time for a Cuban sandwich or a variety of crustaceans at almost any time, but nonetheless, a good grouper was the immediate draw. Business also found me often in Albuquerque and Santa Fe. Hatch chilies, local Mexican cafes and house-made tortillas were the draw. When in Corpus Cristi, I repeatedly found myself at a funky water-side bar along the intercoastal, where fishing boats were tied with a fresh fish market across the water. There, a bucket of fresh shrimp sat on my table along with a local beer. Olympia, Washington, found me... well, you get the picture.

You know that we now spend considerable time in Chianti. We arrive in Florence, grab our cars and make the welcoming drive south through rolling hills, forests and vineyards. We unpack at our house and often find ourselves at Osteria Al Pointe, just off of the piazza in Gaiole in Chianti. There, I'll order perhaps my favorite dish, wild boar ragu: a light red sauce starting with a soffritto and influenced by local herbs, red wine, sauteed or simmered wild boar, depending on the cut, and then served wrapped around freshly made pappardelle; accompanied by a quality Chianti Classico from a local vineyard, you can't ask for a more perfect culinary welcome.

Also known as pappardelle cinghiale, it's known as Tuscany's national dish. Wild boar tends to have a love-hate relationship in Chianti. On one hand, they are a solid emblem of Tuscany. It is a local delicacy and food source, and they are protected in the dense forests of the Maremma and other regional parks. But they also are snuffling foragers, adept at ravaging gardens, fields, and vineyards, causing damage in the millions. With hunting season running September through January, it's a time to both control the boar population and to provide a prime ingredient for long-held Tuscan recipes. Boar is a lightly gamey meat to be married with multi-layered flavored sauces. It is a leaner game meat, with a darker red color than pork, and with a distinctively rich flavor.

Wild boar is not exclusive to Italy. They've been hunted and even domesticated around the world for thousands of years. When I talk about cooking boar, I'm often asked where we can get it around here and where it comes from. Introduced to our country in the 1500s by Spanish explorers as a food source, the feral hog population has exploded. Ranging somewhere around 6-8 million population, they are found in at least 38 states, mostly to the south. From Hawaii, thanks to Captain Cook, to California and stretching across our country to the Atlantic, wild boar are thriving. Texas has a boar population of nearly 3 million, and is a great source of the meat. Try contacting our local butchers to access wild boar.

When making a wild boar ragu, you'll find the basic recipe is much like a typical ragu, using onion, carrot, celery, tomatoes and herbs. Rosemary, bay and sometimes juniper berries are typical ingredients, although some recipes call for the addition of sage.

## PAPPARDELLE CINGHIALE Serves 4

- 1 pound wild boar sausage
- EVO – as needed
- ½ onion – diced
- 2 garlic cloves – crushed & chopped
- 1 medium carrot – diced
- 1 celery stick – diced
- 2 c red wine – reduced by half
- 2 bay leaves
- 28 oz. San Marzano tomatoes with juice - crushed
- 1 C chicken stock – reduced
- 2 T dry sage
- 2 rosemary sprigs – chopped
- S&P to taste
- Pappardelle – 2 oz. dry pp

In large pan or Dutch oven, heat EVO to shimmer, medium heat. Add onion, garlic and stir 1 minute; add carrot, celery and cook 4 minutes, stirring. Add boar, break up and stir occasionally, 5 minutes until browned. Add wine and bay. Reduce by half, stirring occasionally, 8-10 minutes. Stir in tomatoes and stock. Cook 5 minutes



and season with sage, rosemary and S&P. Bring to simmer, stirring, and reduce 30 minutes. Cover and cook 30 minutes more. Remove bay and adjust seasoning as needed. Cook pasta to al dente, remove from water and set aside 1 C of pasta water. Carefully stir pasta into ragu and bring to a high simmer, mixing. Try not to break the pasta ribbons. Add pasta water as needed to reach desired consistency. Using a pasta fork, twirl the ragu/pasta mix and plate. Chianti Classico, a Toscano or Sangiovese will pair very nicely with this dish. Buon appetito!

Cooking Classes with

CASTLES KITCHENS

Join us! We offer hands-on cooking classes in our Conifer kitchen. Browse classes on our website [www.castlesandkitchens.com](http://www.castlesandkitchens.com) or contact Francesca or Tom at [castlesandkitchens@gmail.com](mailto:castlesandkitchens@gmail.com).

Evergreen Memorial Park

Funeral Home. Cemetery. Crematory.

303-674-7750

Be Green In Evergreen

You're trying to live a "green" life. What about your death?

"NATURAL BURIAL"

Green burial, or natural burial, ensure the burial site remains as natural as possible in all respects. Interment of the body is done in a bio-degradable casket, shroud or a favorite blanket. No embalming fluid, no concrete vaults. Now offered as an option at Evergreen Memorial Park.

303-674-7750 • 26624 N. Turkey Creek Rd, Evergreen, CO 80439

[www.EvergreenMemorialPark.com](http://www.EvergreenMemorialPark.com) • [www.PetsatEMP.com](http://www.PetsatEMP.com)



BUSINESS SERVICES

ACCOUNTANT

**Jesse James, CPA**

- Master's Degree in Taxation from University of Denver
- Tax Planning & Preparation
- IRS Resolution
- Small Business Accounting & Consulting
- QuickBooks Consulting
- Financial Coaching

720-220-8099 • [www.JHJ-CPA.com](http://www.JHJ-CPA.com)

APPLIANCE REPAIR

**LARK**  
APPLIANCE REPAIR

(303) 656-9032  
[WWW.LARKAPPLIANCE.COM](http://WWW.LARKAPPLIANCE.COM)

Appliance Repair  
Gas Fireplace Repair  
Gas Fireplace Cleaning  
Dryer Vent Cleaning

ARCHITECT

**MOORE KOENIGSBERG ARCHITECTURE**  
VISIONARY DESIGN FOR YOUR LIFE  
[WWW.MOOREKOENIGSBERG.COM](http://WWW.MOOREKOENIGSBERG.COM) 303-547-4850

BATH REMODEL

**Mountaintop Bath Remodeling**  
Complete custom bathroom remodeling  
Tub and tile replacement. Tub to shower conversions.  
Prime Baths acrylic bath systems.  
Remodel in as little as one day!

**PRIME BATHS** Authorized Dealer.  
Licensed, Insured.

303-495-5328 [www.mountaintopbath.com](http://www.mountaintopbath.com)

HOME CONCIERGE

*Taking Care of You  
and Your Home  
While You Are Away*

**EVERGREEN**  
Home Concierge

Lori Dyche (303) 517-6180  
[www.EvergreenHomeConcierge.com](http://www.EvergreenHomeConcierge.com)

INSURANCE

**FARMERS**  
INSURANCE

**FARMERS**  
INSURANCE

**Matthew J. Thomas**  
2922 Evergreen Pkwy #B206  
303.674.2475  
[mthomas@farmersagent.com](mailto:mthomas@farmersagent.com)  
Registered Representative, Farmers Financial Solutions, LLC  
2007 Agents Road, Ste. 1, Aurora, CO, (A-11301-2014)  
Member NAB & SFC

LANDSCAPE HAULING TREES

**SANFORD & SONS**

- TRASH HAULING
- 10-YARD DUMPSTER RENTALS
- 30-YARD GRAPPLE/LOADER TRUCK
- TREE SERVICES
- FIREWOOD

303-674-3373

PAINTING

**MOUNTAIN WEST**  
*Painting*  
LLC

720-520-5505

PEST CONTROL

**Residential & Commercial  
Pest Control**  
Locally owned  
and operated

We treat your home  
like we treat ours

**A Pest Control Co.**  
719-203-7282 • [www.apestcontrolco.com](http://www.apestcontrolco.com)  
720-370-5076 • [apestcontrolcompany@gmail.com](mailto:apestcontrolcompany@gmail.com)

REAL ESTATE

*Time to Move?*  
**HOMES & LIFESTYLES  
OF COLORADO**  
YOUR HOME TEAM

Broker / Owner / Realtor  
or (720) 226-8199 / or (303) 816-9199  
[Kathryn@HomesLifestyles.com](mailto:Kathryn@HomesLifestyles.com)  
FREE CONSULTATION

Selling | Buying | Leasing | Showing | Closing  
25 Years Selling in the Mountains | Foothills | City  
Awarded 10 Year Winner | 5 Star Professional | 2000 Magazine & Denver Post

REAL ESTATE

**FATHOM**  
REALTY

**ED & PEG HAYSLETT**  
Broker Associates

Ed: 303.548.3423  
Peg: 303.929.5375  
[thehayslettgroup.net](http://thehayslettgroup.net)

ROOFING

**VALOR**  
LOCAL COMPANY VETERAN OWNED, INTEGRITY FOCUSED  
Residential and Commercial  
**ROOFING**  
CALL NOW FOR MORE INFORMATION  
303-770-7663  
REPAIR OR REPLACE

ROOFING AND CONSTRUCTION

**Enviro Roofing  
& Construction**

**Josh Wutschke**  
OWNER

P.O. BOX 9206 Office: 303-953-7079  
Denver, CO 80209 Cell: 303-261-7740  
[enviroroofing.com](http://enviroroofing.com) [roofingjosh@gmail.com](mailto:roofingjosh@gmail.com)

ROOFING AND EXTERIORS

**JAMEY SHOOK**  
Owner

**ELEVATED**  
ROOFING & EXTERIORS LLC

720-822-3275 • 303-670-LEAK (5325)  
[js@elevatedroofs.com](mailto:js@elevatedroofs.com) • [www.elevatedroofs.com](http://www.elevatedroofs.com)  
COMMERCIAL • RESIDENTIAL • FREE ESTIMATES

SERVICES

**ALL MOUNTAIN SERVICES** LLC  
MOVING • DELIVERY • DISPOSAL • SNOW FLOWING

**AARON MADAMA** 720-254-5536  
[Aaron@all-mountain-services.com](mailto:Aaron@all-mountain-services.com)

SOLAR SYSTEMS

**VALOR**  
LOCAL COMPANY VETERAN OWNED, INTEGRITY FOCUSED  
Residential and Commercial  
**Solar Systems**  
CALL NOW FOR MORE INFORMATION  
303-770-7663

VACUUM SERVICE SUPPLIES

**EVERGREEN**  
VACUUM

NEW Vacuum Sales  
Authorized Repairs  
FREE Estimates

303.674.4803

30456 Bryant Dr  
Evergreen  
Mon-Fri 8-5

WATER CONDITIONING

**HARD WATER ISSUES? RADON?**  
**Water Done Right**

~ Water Softeners & Filtration Systems  
~ Reverse Osmosis & Custom Filtration

**Robert Spencer** [rspencer37@gmail.com](mailto:rspencer37@gmail.com)  
303.907.7711 29105 Pine Rd.  
Evergreen CO. 80439

\$60/mo 3/mo minimum





# Rolling Ridge

Deck & Home, Inc.

In Business  
Since 1988

FREE  
ESTIMATES!!

YOU HAVE A GREAT VIEW...

**But is Your Home's Exterior Not So Great?**

**LET US HELP YOU CHANGE THAT!**

BEFORE



AFTER



WINDOW AND DOOR REPLACEMENT

ROOFING AND DECKS

SIDING AND TRIM

MASONRY AND STONE ACCENT

INTERIOR AND EXTERIOR PAINTING



HORIZON DECKING



**20% OFF**

Any full siding or roofing project.

[www.rollingridgedeck.com](http://www.rollingridgedeck.com)

**303-670-4919**



Rolling Ridge Deck & Home, Inc.

Excludes decks. Some conditions may apply. Please call for details. Must present YMC coupon at time of first meeting. One per customer. May not be combined with any other offer. Expires 3/31/24

A Great View Deserves  
**A GREAT EXTERIOR!**



To date over \$118,000 has been donated to mountain area nonprofits by your MOUNTAIN CONNECTION | 26689 Pleasant Park Road, Building A, Suite 260, Conifer, CO 80433 | t. 515-326-2672



*Design Service Available*

**COLORADO  
FURNITURE**

**303-838-4669**

**Unique, One-Of-A-Kind, Artisan & Custom Furnishings**

*Customize Something Uniquely You!*



**Discover our 10,000 sf SHOWROOM**

10853 US HWY 285, Suite D  
Conifer, CO 80433

Tues – Sat 10 – 5  
Sun 11 – 4 (Closed Monday)

Discover New Inventory on Facebook:  
<https://www.facebook.com/cfconifer/>