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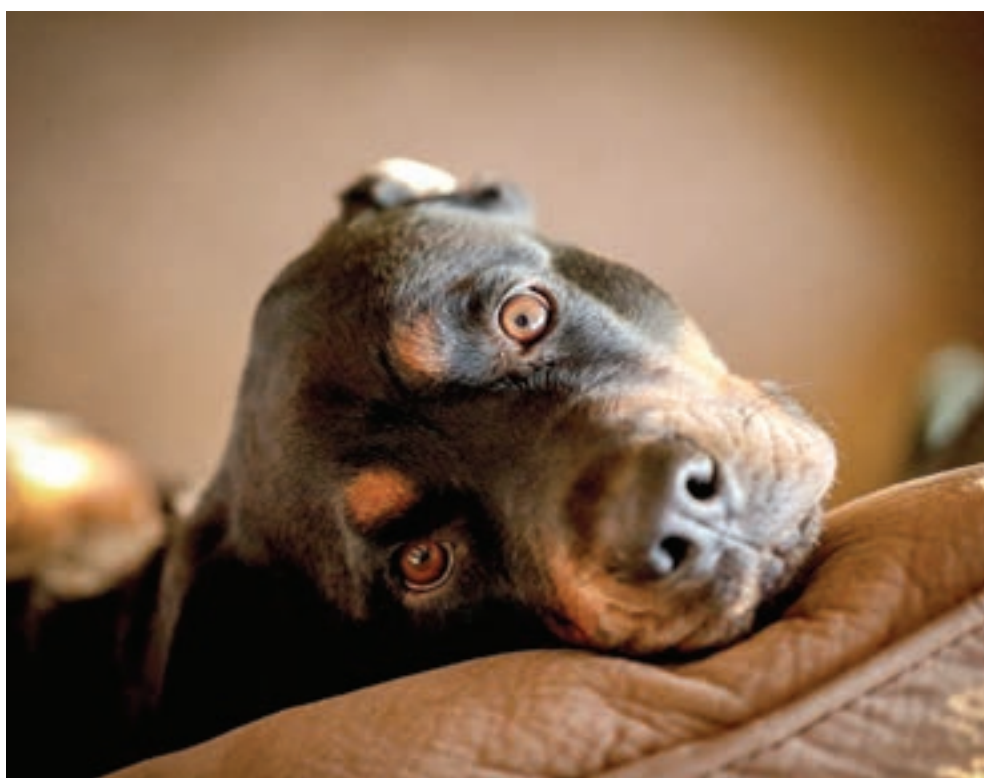
A Spring Thing

“Heartworm season is no longer only for 6 months a year like some people might think.”

From the time I worked at my very first veterinary hospital as a teen, I fell in love with rottweilers. We saw many, and they were always these tough dogs who looked like they might eat your face, but in the vet hospital they were always easy to handle, cooperative for everything, and giving us loving kisses the entire time. I just fell in love with the breed.

But purebred dogs are expensive, and I was a poor college kid, so no rottweilers for me. Then, when I was in my third year of veterinary school, and heard about a male rottweiler that had been abandoned at a local boarding kennel, I pulled all the strings I could to see if I could adopt him. He was 5 years old, unneutered, and needed eyelid surgery. Even though he was an intact male, he was friendly, so the first step was to do some bloodwork. His bloodwork came back with all of his major organs being normal, but he was heartworm positive. My heart sank. I distinctly remember asking the lab technician, “So, this means he has heartworms?” to which the tech looked at me like I was so dumb, and said, “Yes.” Lucky for me, the vet school agreed to pay for his treatment, which was expensive and time consuming, and some dogs don’t survive it. Lucky for me, he did, we got to take him home, and he lived with me for the rest of his life. He was a great dog.

The point of this story? Heartworm disease can take your dog’s life, it’s a threat for all of us, and the heartworm season is no longer only for 6 months a year like some people might think. With the lack of snow and warm days, I have already seen flying insects, which means heartworm season is here now. In fact, what might surprise you is that if you check the companion



“If the cost of keeping your pet healthy is taking a bigger bite out of your paycheck, I have some good news for you from Aspen Park Vet Hospital.”

animal parasite council website (CAPC.org), you will see that the heartworm disease risk is actually higher in Park County than Jefferson County! And the time to begin heartworm prevention is now. Don’t forget that only a couple of years ago, Fort Collins was the city with the greatest number of new cases of heartworm disease in the country. So that means don’t wait, get your dog to your local vet for their annual heartworm test, to make sure that no

resistance-to-heartworm-preventatives carrying mosquitoes (yes, that is a real thing) fed on your pet in the last year. And don’t forget, cats get heartworm disease, too; so if they go outside, they need protection also.

So, if the cost of keeping your pet healthy is taking a bigger bite out of your paycheck, I have some good news for you from Aspen Park Vet Hospital. We brainstormed, as a team, what could we do for our clients to help ease

the burden of veterinary care, but also balance that with the dramatically increased cost for us to provide that care. You might be surprised at how much the actual costs are for a vet hospital to, for example, run labwork; as we were, when we took a deep dive into our costs recently.

So, we decided to do a couple of things. For one, we now have a staff member, Chris, certified in Reiki, so if you ever considered something like that for your pet, you can now get that treatment done here. Additionally, we can come up with a plan you are going to love! Now, for a monthly fee of \$7.99 you can get waived urgent-care fees for same-day appointments, no double-booking fees, 7% off everything (including supplements and medications), 10% off anything in our Longevity plans, exclusive access to ResqRanch events, and other special discounts and perks all year long. We wanted to make this a no-brainer decision for our clients to join the program. Also, don’t forget we do have a referral program, where you get a \$20 credit for every new client you send our way. We are doing the best we can, to help our community the best we can, when times seem a little hard for most people.

And speaking of ResqRanch events, make sure to mark the first Saturday in May on your calendar, as that is our big spring fundraiser for the ResqRanch, our super-fun Kentucky Derby Party. Make sure you subscribe to my YouTube channel, @The1DrQ, and call the hospital to sign up for our new plan that we like to call the Q club. Have the most wonderful day; thanks for reading, and for all of your support of Aspen Park Vet Hospital and the ResqRanch!

Aspen Park Veterinary Hospital is located at
25871 Duran Ave. Conifer, CO 80433.
You can call the hospital at
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visit them at www.DrQandU.org.

— KELLER WILLIAMS FOOTHILLS REALTY —

Life Lessons

BY LISA PLUMMER SMITH

“Please keep shining your light in our world.”



“Always throw spilled salt over your left shoulder, keep rosemary by your garden gate, plant lavender for luck, and fall in love whenever you can.”

Seems the wind has been our companion lately, blowing in of all sorts of change. Odd how we can see our lives projecting forward in one route one moment, and then we gain new information and perspective and our lives reroute to another course. The silver linings show up in many ways: good nights of sleep, good decisions, afternoon naps, hot mugs of tea, and long walks in the woods. It all encourages time for thankful reflection as another decade of my life begins to wrap up.

Much to be thankful for, present for—we have challenges, to be sure; but to care for each other, love one another and keep shining your light for others, walking each other home, holding the door open, that is what

we carry forward. We may remember the time that someone did that for us, helped us in a time of need, and when we move across the void we reach back and help others behind us. Please keep shining your light in our world.

Paying it forward, choosing love again and again, and influencing those in our sphere to be inclusive, kind, and ever better humans, these are the things we do. We put forth intentions and manifestations, weaving peaceful energy into our lives each day, creating meaningful and kind interactions.

April brings new beginnings, resurrections, and redemption, however you choose to perform your worship or spirituality—whether in a church that is a building or if you find your cathedral in nature. Let us be good to one another as we celebrate life, have gratitude for all of our blessings, enjoy spring, growth, renewal, and precipitation (hopefully in some form or another, might prove to be a rainy/thunderstorm season ahead), so let us take care of each other.

Let us stay safe, be prepared for unstable conditions in nature. Do our homework and make good decisions if we are recreating out in nature, and don't put others at risk by our own unpreparedness—probably good life lessons there somewhere. Be prepared, carry water and snacks and wool blankets and boots and coats and hats and gloves.

My tribe knows I come prepared, I lend a hand, I am generous—I give back. If there is some divine bank of karma someday, I know in my heart that I have made many deposits in the name of good, and hopefully I will be judged kindly by the fact I tried not to judge, I forgave people. I try not to hold on to the bad, I try to let go of things that no longer serve me in life—learning hard lessons—coping, healing, and dealing with what life dishes up.

Because life is messy, it is wonderfully, chaotically, tragically, joyfully challenging, and I find myself looking at those stars in awe, pausing to savor the sky night or day and taking a moment to be thankful...soak it up, my friends, before it is too late.

Some people come into our lives for a reason, some for a season, and some get to stay forever. We don't get to choose who comes when and who goes when; we may simply allow love to flow in and out of our lives, choosing the ones who are here now, appreciating them, and being present, letting them know they matter, and knowing when it is time to let them go.

If only we had that crystal ball. I have a habit of commenting that if I knew the future it would be so easy. To educate, to advise through all scenarios as people make huge financial decisions in purchasing a property, this is my gift, my talent, my speciality, the way I take care of my clients and do the right thing.



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connection to the past



“The significance of vintage signage lies in the recognition of the inventiveness and community concern in those not-so-long-ago days.”

VINTAGE SIGNAGE

ELAINE HAYDEN | HISTORY EVERGREEN

In the age of QR codes and reliance on GPS tracking, it’s entertaining to take a walk in the not-so-distant past to seek out vintage signs that were once the touchstone for our community’s locating system. A subtle indicator of how rapidly our Evergreen community grew is the prevalence of vintage signage that can still be found on many homes across our area. According to statistics reported in the book, *Burning Bright*, expansion in Evergreen grew at a rapid rate with over 10,000 people added to the population in the 1970s decade. With this expansion came the need for reliance in tracking and providing for the municipal needs and dynamics of the growing year-around population.

A fairly common “sign” that is often mistaken for address numbers is the locating system used by Evergreen Fire and Rescue (EFR) and developed by a volunteer firefighter, Danny Sheer. The six-digit numbering system was installed by EFR and was in use by the late 1960s, an era that witnessed a manageable, yet growing number of residents. Sheer’s use of the widely familiar Cartesian Coordinate system allowed for precise numbering representing horizontal and vertical markers. A caller to the emergency dispatcher would not necessarily need to report their assigned fire number. The dispatcher would decipher the emergency location using the Cartesian grid that represented the fire district. Home dispatchers would translate the home address into the assigned fire number for each address and report to the responding drivers who also had use of the grid maps. The number placards were attached either to the actual house or on a nearby tree or fence post that could easily be read from the roadway by responders. According to former home dispatcher Rose Smith, the grid maps were an essential and valuable tool, as were familiar landmarks throughout the district that aided in responders’ ability to locate the emergency. The system was a workable answer to the locating conundrum

and remained in service from the 1960s to the late 1980s. The use of the fire number system was the EFR’s reliable and universally understood method of locating and tracking emergencies at the time. While fire numbers are no longer in use as a locating tool, the numbers themselves can still be seen attached to some of the older homes. They are surely a nostalgic sign of the past but also tangible evidence of their use as a testament to the ingenuity of EFR in the early days, an example of necessity being the mother of invention.

An equally familiar sign that can easily be located on older cabins in Evergreen is the square or triangular-shaped Mountain Parks Association placard, also referred to as the Mountain Parks Protective Association (MPPA). Prior to 1925, Evergreen’s population density swelled during the summer months. Most of the residences were largely unoccupied for 8 to 9 months of the year. The absentee landowners came to rely on an innovative security system created by concerned citizens and led by Ernest King in 1925 and aptly carried the name, the Mountain Parks Protective Association. Not unlike the present day ADT home monitoring system, the property owners paid modest annual dues to have their Evergreen property patrolled. The security service not only kept an eye out for invasions but also reported

any tree infestations that needed attention and often accommodated the property owners with landscape mitigation services.

The mission statement of the MPPA was simple: Save Trees, Birds, Flowers, Animals, Prevent Fires and Protect Property. Ernest King and his group of patrolmen are considered by some to be the precursor of the organized EFR department, as the group formed an effective bucket brigade to help battle the 1926 fire that destroyed much of the west end of Main Street in Evergreen. The MPPA essentially acted as an arm of the sheriff’s department as they offered a monetary reward of \$50 and \$100 for information of wrongdoing. The community felt the effectiveness of the association as the group had the ability to cover and canvass a larger area than the sheriff’s department’s resources allowed. The organization disbanded in 1974. The services that the MPPA offered for nearly 50 years were gradually being replaced by agencies within the Jeffco Sheriff Department and private security services. Current homeowners treasure the charming vintage placards as a badge of endurance as a new age of drone surveillance and GPS has become the norm in home security tools.

Nostalgic signage that once graced our mountain community can still be found in the Bendemeer area of Upper Bear Creek Road. 1916 saw the construction of one of the area’s first resorts, the Bendemeer Lodge. By the early 1920s, the area adjoining the lodge was platted for development sites for family cabins, followed in 1949 with further expansion by the Bendemeer Investment Company. Prior to the development of home sites at Bendemeer, cabins had been built as short-term rentals and managed by realtor John Hare. A simple wooden sign with the name Bendemeer and the cabin number identified these rentals. A few of these signs remain or have been harvested by property owners and moved indoors as a way to preserve the history of

the early years of the Bendemeer community. The custom of the day was to give and display charming names to one’s cabin. These names replaced the original cabin numbers and, likewise, few remain.

There is no question in most community members’ minds as to the location of the “wildlife area.” Initially named the Elk Management Area, the expanse has remained a managed wildlife refuge for over 70 years. According to Peg Hayden, the property was sold to the state of Colorado by the Truesdell and Evans families in the 1950s to become the Elk Management Area and to be managed by the state wildlife commission. Located at the west end of Upper Bear Creek Road, the area encompasses 4,500 acres. By 1980 the Mt. Evans Wilderness Area was established by preserving 73,000 acres of forest. As seen on a historic sign that was salvaged from a trash bin, the Evans Ranch Picnic Ground was likely privately owned by the Evans family in the days before the property was sold to the state Department of Game and Fish in the 1950s. There is no longer an Evans Ranch Picnic Ground, but the Colorado Parks and Wildlife area welcomes visitors to picnic in designated areas along the Camp Rock Road within the “wildlife area.”

The significance of vintage signage lies in the recognition of the inventiveness and community concern in those not-so-long-ago days. There is a cadre of area homeowners who feel a sense of pride in owning a home that still sports a vintage MPPA triangular sign and a set of fire numbers to go with it. With no digital information system available in the 1960s era, the printed word was a reliable method of transferring information. It worked well then, and it still does.

Sources:

Anderson, Pete. *Burning Bright*, EFR, 2024.
Anderson, Pete, interview and archives.
Smith, Rose, interview.

History Evergreen is a newly formed non-profit organization whose mission is to acknowledge the rich history of our community and to foster an appreciation of historic preservation. Through publication of books, articles, social media and pamphlets we endeavor to maintain the historic record in a sustainable and inclusive manner for all to enjoy.



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I'm Just Sayin'...

April 2026 – Think Spring

“Get out and enjoy this weather while you can!”

Jeff Smith owner/publisher

Think spring, huh? It's been spring all winter. I still have a feeling that we are going to pay for all this great weather. I've been playing golf every month with temperatures in the 70s and even 80s. The bad news is that the fire risk is at an all-time high. We need snow and rain! The golf courses are cart path only or even walking only. The ski venues have suffered greatly. So, think moisture! Read Anne Vickstrom's article on page 16.

Good News! Keys on the Green is open for dinner. It is now Syd's on the Green and will eventually be serving lunch and breakfast. They won't have their liquor license until May 1st, but the food is wonderful right now, even without the wine. New operator Megan Gunter and manager Pollux Morrow will have an evolving menu based on some customer feedback, but it has great steaks, etc., right now. Welcome to Evergreen!

More good news – Black Hat Cattle Co in Kittredge is reopening with new ownership of those behind the Lazy Butcher. They will have a similar menu to the previous owners with increased emphasis on quality steaks and seafood. The tradition continues.

Avalanche – Still leading the league at this writing but the Stars are playing well and pressuring from second place. This could be a great matchup as the last 25 games are played.

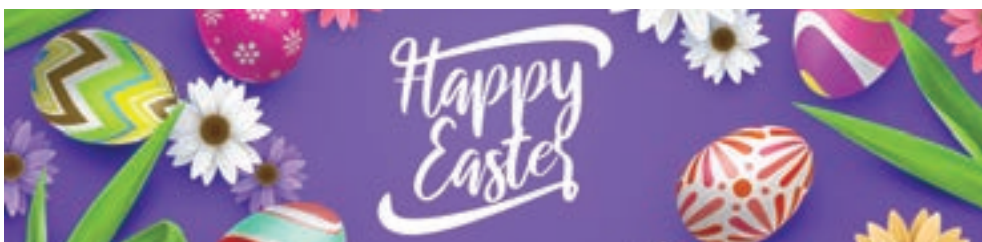
Nuggets – They aren't doing what they need to do at this stage. They can still make the play-offs, but they aren't playing well enough right now to be serious contenders. Pick it up!

Rockies – For a look at spring training, read Emily's article on 14.

Quackadilly says:

“Spring is the time of plans and projects.”

—Leo Tolstoy



NEWS ON THE POSITIVE SIDE

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from the experts

— EVERGREEN HEALTH INSURANCE —

Medicare Update

BY ED REGALADO



“Why all the reduction in benefits?”

Now that we've finished the first quarter of 2026, I've seen some changes and trends that affect those who are on or going on Medicare. If that's you, perk up.

In the past, most seniors aging into Medicare chose to enroll in an Advantage plan. The premiums were usually \$0, and the extra benefits commonly offered for vision, dental, and hearing that aren't provided by original Medicare were attractive to many enrollees.

This was true of most clients that I enrolled in a Medicare plan, most chose an Advantage plan; they were primarily motivated by the \$0 premiums and the extra benefits not offered by original Medicare.

Today this has changed. These days, more folks are choosing to enroll in Medicare Supplement plans, as the Advantage plan perks aren't so perky. Some plans that once offered generous dental benefits have reduced to as low as a couple checkups a year. At one time, over-the-counter (OTC) benefits were \$75 per quarter or higher on some plans. Some carriers cut their OTC benefits completely, while all others reduced them.

Why all the reduction in benefits? Federal funding cuts along with rising medical costs and lower-than-expected reimbursement rates have cut into carriers' profit margins. Carriers choose to lighten extra benefits in order to help their profitability. After the out-of-pocket max for prescription drugs went down in 2025, beneficiaries' costs went from \$8000 to \$2100 in 2026, and carriers replaced that lost revenue by cutting other benefits.

Most Advantage carriers have eliminated or reduced their offering of PPO plans that don't require referrals and allow out-of-network

benefits. I expect next year that there will be even fewer PPO plans offered. You may have noticed talk in the media about HMO Advantage plans denying pre-authorizations. When this happens, it can be anywhere from a hassle to a nightmare for some folks. In our area, it does happen, but it appears that incidents are low.

The mean income for someone over 65 in the Evergreen area is \$76,058. This allows most seniors to afford the monthly supplement premium costs, which can start around \$100/month. PDP premiums costs run from \$0 to over \$100/month, depending on their formularies. Which plan suits you best will depend on the prescriptions you take.

Many of Evergreen's seniors have above-average incomes and are subject to IRMAA (Income Related Monthly Adjustable Amounts). If your adjusted gross income two years ago was over \$109,000 for a single, or \$218,000 for those filing a joint return, you are subject to an additional tax on your Medicare. This surprises most folks when they get a bill from Social Security. It is a tax and not a payment to an Advantage plan.

The job of a broker is to help you sift through the many options available to you, and help you decide which available plans and carriers will work best for you. Everyone's needs really are different! Call us for a free consultation at our office in The Stone House. We look forward to visiting with you!

Ed Regalado is a certified broker at 1524 Belford Court in Evergreen. Ed can be reached at 303-674-1945 or send an email to: edregalado46@gmail.com.

— PEOPLE PROBLEMS —

The Importance of People-to-People Connection

BY JENNIFER MAY ELLIS



“I also forgot how much communication is nonverbal and how easy it is to miss that when communicating via screen.”

Spring is typically a time of new growth. Despite our unseasonably warm winter, spring still represents more light and more life. Our little mountain towns could definitely benefit from more light and life these days. These destructive winds and resulting power outages have left many of us feeling disconnected literally and figuratively.

It is not surprising that humans are getting lonelier in our increasingly digital world. So much of my work these days is in person and face to face. I've been astonished to realize how much I missed actually speaking in person to someone I am supporting. I also forgot how much communication is nonverbal and how easy it is to miss that when communicating via screen. It was not that long ago that I worked remotely with people across the country. I'm grateful to be back in front of an actual person.

Our work lives should be stimulating, and some of the best ways we experience dynamic communication is in the workspace, whether it is with a customer, a coworker, consultant, or a vendor. Dynamic communication is when you are actually connecting with another human and not just numbing out with polite conversation or banal platitudes. Human connection is a very important part of the human experience.

I've reached a point in my career where I simply must work with people I can interact with in person, building relationships that meaningfully support people and unlock their potential. I am doubling down on this philosophy when it comes to my choices as a consumer. Less Amazon

Marketplace and more actually knowing the people I buy my stuff from; in other words, doing business with my community and investing in it.

So, in the spirit of more person-to-person meetings, I invite our mountain community to a networking event where I will be offering my thoughts on your workplace and people problems. I will be offering high-impact support for small business owners. Bring your toughest people challenges: your messy org chart; your hiring frustrations; your operational bottlenecks; your exit questions; your “I know something isn't working, but I can't name it” moments. You can read more about the event at www.hatsoffevergreen.com. I hope to see you there.

P.S. I am experimenting with the idea of offering a “Dear Abby” type column, focused on the work-

place. I will be very careful with privacy considerations. It's helpful to know that you are not alone in the workplace world. Any advice would not be legal and instead from the realm of HR.

Consulting: If you have a situation that you would like some thoughts on that could also be referenced in a future column, please contact me at www.jennifer-may.com.

Jennifer May Ellis is a human resources consultant and former employment law attorney. She is an Evergreen resident and supporter of small businesses. She is the founder of Jennifer May Consulting and can be reached at jennifer@jennifer-may.com, <https://www.jennifer-may.com/>

High-Altitude Tomato Planting: A Colorado Gardener's Guide

BY TRACY WEIL, FARMER



“Growing heirloom tomatoes in Colorado's high-altitude climate can be a challenge, but with the right preparation, these tomatoes can thrive.”

Heirloom tomatoes are open-pollinated varieties passed down through generations, prized for their unique flavors, colors, and shapes. Unlike hybrids, heirlooms offer complex tastes and vibrant fruit—perfect for gardeners who want both beauty and flavor in their harvest. Growing them in Colorado's high-altitude climate can be a challenge, but with the right preparation, these tomatoes can thrive.

Start with varieties suited for mountain conditions. Early- and mid-season heirlooms tolerate cooler nights and shorter summers while producing flavorful fruit. Healthy, nutrient-rich soil is essential. Enrich planting beds with compost, worm castings, or organic fertilizers like compost tea or fish emulsion to promote strong roots and steady growth.

Sunlight is key. Tomatoes need six to eight hours of direct sun per day, which high-altitude

Colorado provides in abundance. Mulch helps retain moisture and regulate soil temperature, protecting plants from wind and dry air. Deep, consistent watering a few times a week encourages steady fruit development and prevents issues like blossom end rot.

Pruning can boost yields. Many heirlooms are indeterminate, growing and producing fruit throughout the season. Removing lower leaves and excess suckers directs energy toward fruit while improving airflow and reducing disease risk. Using cages or stakes helps manage sprawling vines and ensures even sun exposure for ripening fruit.

With the right soil, sunlight, water, and pruning, high-altitude heirloom tomatoes can produce an abundant and flavorful harvest. Secure your starts early and enjoy one of the garden's most rewarding crops this season!

Heirloom Tomato Plant Presale:

Don't miss your chance! The presale opens Sunday, April 12th, at 9 am, with only 200 orders available for pickup in May. These locally grown starts are selected for high-altitude success, giving your garden a head start on a delicious harvest.

Miss the online sale? You can also purchase plants at Ace Hardware stores in Pine, Evergreen, Bailey, and Aspen Park (available mid-May) or at pop-up sales in the Denver Metro area. Learn more and see all pickup and pop-up details at HeirloomTomatoFarms.com.

Follow us @HeirloomTomatoFarms and for more tips, visit HeirloomTomatoFarms.com.

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Plant pickups in May • Pine & Denver

— THE SASQUATCH OUTPOST —

The Sasquatch Chronicles

BY JIM MYERS

Well, we're back for our 2026 season! The break I take each winter was much needed, but I'm excited to be back in the saddle again (literally speaking, of course).

I'll jump right in: I know we have a pretty loyal following here in *Your Mountain Connection*, which we're very grateful for. If you've been following me all these years, why not join us on one of our camping expeditions this summer? I have never had any locals (Bailey, Pine, Conifer) join me on a camping adventure. Not once. I've had guests from at least 15 other states in the U.S., plus France and the U.K., but never from here. Maybe it's the cost (yes, it does cost something to go on a Sasquatch adventure), or you think you don't have enough camping gear (we provide EVERYTHING you could need. Our trips are all-inclusive), or maybe you're just too scared to have an encounter with Bigfoot (babies!).

Whatever the case, I'm willing to offer \$100 off the cost of a camping expedition or horseback expedition for any Bailey or Conifer resident who signs up for one of our summer trips before the end of April. You'll need to book your place online at rabbitholeadventures.co, then contact me personally through the Sasquatch Outpost to receive your discount. And for those who aren't convinced yet, I'll tell you two Bigfoot encounter stories from our expeditions last summer.

The first encounter happened last June in Lost Creek Wilderness. We had two guests from Southern California and one from the U.K that week. We set everyone up in tents except for the two from So Cal, because they drove their 4x4 pickup with one of those tents that goes on top of the truck. They thought since they were 10 feet off the ground, they'd be "safe"



“Why not join us on one of our camping expeditions this summer?”

from Sasquatch tricks. They were wrong. The first three nights were pretty calm. But the fourth night, at 4:30 am, something came into camp, went to their truck, unlatched the tailgate and literally THREW it down—so hard that it bounced three times, shaking the whole truck and waking everyone in camp.

The second encounter happened in July in Buffalo Peaks Wilderness. We were out on a night hike about 2 miles from camp. As we hiked in on the trail around dusk, I stopped near a dead tree trunk and hit it twice with my hickory stick. We heard an immediate reply of two knocks from up the hill, along with the sounds of something

heavy running through the undergrowth. We found a good spot to sit and wait in an aspen grove, and I started whistling and singing to get their attention. What transpired next is the most amazing thing I've ever heard, before or since. We heard a few whistles coming down from the dark woods, followed by the sound of Bigfoot singing. I know, sounds crazy, right? These melodious, beautiful, intelligent songs echoed in the night; no words, just melodies. The guests who were seated on a log in front of me all turned around in unison with their eyes wide with amazement and mouthed the words, "What...was...that???" I shrugged and said, "I have no idea...but isn't it beautiful?" None of us will ever forget that night.

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The Foothills Home, Garden and Lifestyle Show

Saturday, April 11, 10 am to 4 pm
Sunday, April 12, 10 am to 3 pm
Conifer High School, 10441 Highway 73

It's that time again! The Foothills Home, Garden and Lifestyle Show will be held at Conifer High School on April 11th and 12th, presented by the Rotary Clubs of Evergreen and Conifer. Admission is FREE.

Along with the funds raised, the Rotary Clubs will be collecting food donations at the door for the Mountain Resource Food Pantry and the 285 Back Pack Project, a Rotary-led project sending food home with kids over the weekend.

Whether you are looking to renovate your existing home, build a new home, or just spend a day viewing the new products that are currently on the market, time spent at the Foothills Home, Garden & Lifestyle Show will not disappoint. With 70+ vendors from home improvement, garden, landscaping, leisure, health, and cooking, and local artisan crafts and non-profits, plus free seminars on both days, there is sure to be something for everyone.

Evergreen Animal Protection League will be back again with some adorable pets ready for adoption and with info on how you can become a foster for animals needing rescue.

Net proceeds from this show are distributed as grants for charitable causes through the Evergreen and Conifer Rotary Foundations; more than \$350,000 has been raised since the first show in 2005. To learn more about these great organizations visit evergreenrotary.org or rotaryconifer.org.



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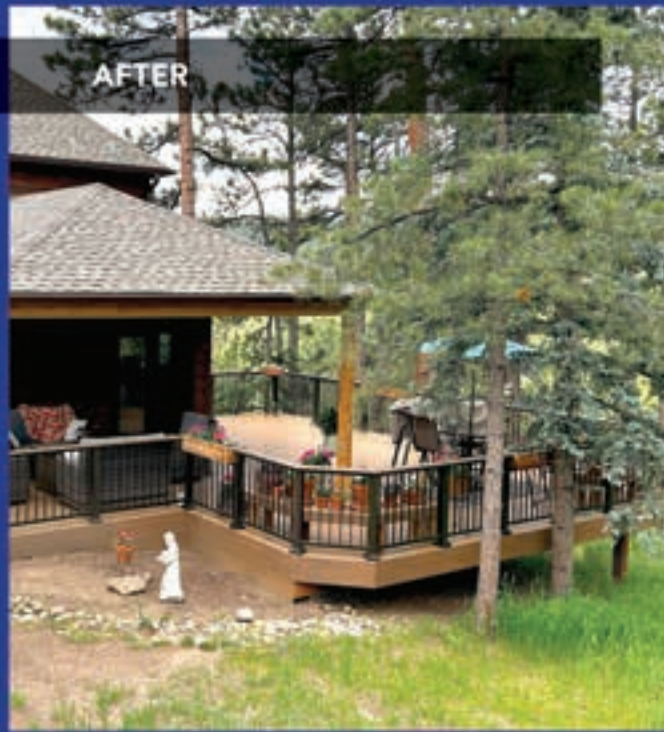
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— ON THE MOVE FITNESS —

Important Daily Decisions That Support Optimal Health

BY DEB BROWN, NSCA CPT, CWC, CNS

We all want to be at our healthiest all of the time. When we are young, we just take for granted that we are healthy, that we have energy to do the things we want to do, that our bodies will perform as we want them to perform. As we get older, we have to actually work at being healthy. Often the small daily decisions that we make and actions that we take add up to either support our health or detract from it. Here are some daily health decisions to consider:



“Daily decisions and actions that we take add up to either support our health or detract from it.”

- 1. What you eat:** Eating a diet that includes lots of fruits and vegetables, lean proteins and whole grains promotes a healthy body, helps to insure against disease, and gives us the energy we need to do the things we want. How much processed food are you eating? Are you eating a healthful, balanced diet today? Could you add an additional serving or two of fruits and/or vegetables?
- 2. Fluid intake:** Many people walk around in a constant state of dehydration. Get into the habit of drinking fluids on a constant basis. Water is optimal, but herbal teas and organic juices are also very healthful. How much water have you had today? Go drink another glass!
- 3. Sleep:** Skip that late-night program tonight and get an extra hour of sleep. Not only will you

have more energy tomorrow, but getting enough sleep will also help you cope with daily stress and ward off disease.

- 4. Exercise:** Keep active doing that which you enjoy doing! Try to get some sustained movement every single day. Take the dogs for a walk, ride your bike with the kids, find a great workout app, or work with a personal trainer. What have you done today? What could you do tomorrow?
- 5. Regular doctor and dentist visits:** Make that one phone call today that you have been putting off for that mammogram or prostate screening. Making the appointment will probably take you 5 minutes or less and could just save your life.
- 6. Strong friends/family support network:** Keeping up with friends and family has never been easier AND more important. Pick up the phone and call someone who you have not talked to in awhile. Schedule a Zoom date with a friend. Cuddle up with your hubby on the couch tonight.
- 7. Manage stress:** What kind of downtime do you have planned for today? Do you have a few quiet moments to relax? Can you take an hour to do something that brings you joy? Add some downtime every day to help keep you mentally sharp.

Deb Brown is an NSCA Certified Trainer and the owner of the On The Move Fitness Personal Training Studio located in Conifer. For more information, please visit www.onthemovefitness.com or call us at 303-816-1426.

Beauty Can Rise

BY KAARSTEN TURNER



“I watched a single green thread splitting the dark soil. It teased its way upward, stubborn and bright, a blade of spring glancing toward the pale morning light.”

Dear readers, here at 8200 feet, spring is a mysterious mistress. Does she ever arrive? Today I spotted vole tunnels in my yard, so something is happening.

Movement, and the subtle shift of longer days is here. I've been here long enough that Conifer is what I know. Twenty years isn't nothing.

Right before here, I lived in North Carolina for eight years, and I will share this with y'all. March and April were paradisaical. I remember the dogwoods the most. I put a dogwood blossom on the top of my wedding cake in April. We barely made it. Turns out dogwood blossoms and my marriage are ephemeral, something that is transitory and fleeting, passing. The blossoms come back every year. My marriage lasted 16.

In North Carolina the winter is actually a welcome respite from the smoldering summer in that part of the world. And the spring was something different from what it is here on our side of the mountain, subtle and magnificent. Pink was a part of the natural world, along with the scent of honeysuckle, a deciduous shrub that has a scent that penetrates the outside air. The Indigo girls said it best, actually. I have said it before, Southland in the Springtime. “In Georgia, nights are softer than a whisper / Beneath a quilt somebody's mother made by hand / With the farmland like a tapestry passed down through generations / And the peach trees stitch across the land.”

Spring is tied to the equinox, and on March 20th the sun is directly over the earth's equator. You'll be reading this after that day, but you'll be feeling the impact of the celestial milestone when day and night stand in almost

perfect balance. On that day things shifted towards longer days and shorter nights, the beginning of spring. Beyond its astronomical significance, the equinox carries rich cultural meanings across civilizations, often celebrated as a time of renewal, growth, and fresh beginning. We celebrate with rituals and festivals honoring the changing light, flourishing plants, and the promise of warmer weather. Now things are brighter. It's a gateway, a portal where powers align to tip the scales from darkness to light. I've read many tales of ceremonial rites that coax crops from sleep, heroes who restore harmony to a disrupted year, or twins representing equal yet opposing energies that must be kept in equilibrium.

I was in California last week. The seasons are ahead of us there. In the hush after winter, I watched a single green thread splitting the dark soil in front of my parents' house. It teased its way upward, stubborn and bright, a blade of spring glancing toward the pale morning light. The earth, heavy with last year's memories, softens as if listening for a promise. Above, I heard a bird practicing a tiny song. The next day the shoot had thickened into a stem, and the next a tender cup of color swelled—a tulip, bold as a new thought, stood upright, a small herald of days to come, its hue a fluent sentence about resilience: even after frost, beauty can rise. My time there was fleeting, but I came reminded that even here, we would emerge from the dormant winter.

Kaarsten is a forester, a mama to two boys, a sunchaser, a writer, and a lover of chocolate. She's lived in Conifer for a while now.

A Skeptic's View

Good News!

BY GARY LOFFLER

For a change of pace, let's take a look at some of the good things that have happened recently.

For a while now there has been a link between the shingles vaccine and lower rates of age-related dementia. Until recently there were too many variables to really push this past correlation status. However a unique set of circumstances in Wales (part of the United Kingdom of Great Britain and Northern Ireland) created a more clearly defined situation: people who were 79 and under were eligible for a shingles vaccine, while those 80 and over were not. This eventually created a group of about 280,000 people ages 79 and 80, split between vaccine recipients and unvaccinated. These results showed a delay of onset of dementia for vaccine recipients as well as beneficial effects on those already suffering from the disease. Note that this is not curative, but has shown statistical benefit. People who have had chickenpox often have residual virus living asymptotically in their nervous system. At some point the virus can become active again and cause shingles. The shingles vaccine can dramatically lower the chance of this happening and now seems to have the secondary benefit of delaying onset of dementia.

Solar power is becoming the fastest growing generator of electricity. This is being driven by the lower cost of ongoing maintenance for a solar farm and by the overall drop in cost for solar panels. Technology is making the panels less expensive and more efficient, as well as moving their lifespan to 20 years and more. The batteries used to allow solar to be a 24/7 option are also dropping in price.

Last year Utah passed legislation that allows plug-in solar panels to be used. These are small systems that consist of a couple solar panels, an inverter, and a battery, and can be used in small apartments. They are designed to plug into an



“There were multiple general medicine advances in 2025.”

outlet and provide solar-generated electrical power for your home, reducing the amount of electricity you buy from your energy company. They don't provide a huge amount of power, but they can cut electrical bills by 20% or so. Colorado also has a bill working its way through to allow use of these systems. In January UL Solutions (formerly Underwriters Laboratory) started working on safety requirements for plug-in solar. There are some concerns that need to be worked out, but these are not insurmountable.

Which brings us to the dramatic drop of the cost of lithium. The surge in demand for lithium over the last 20 years or so has actually resulted in a surplus and a 90% cost drop in cost at the manufacturing level. At the same time there has been a shift to lithium phosphate (LiFePo4) batteries, which have a much longer lifespan and are even safer than other variations of lithium

batteries. LiFePo4 batteries do not use cobalt or magnesium, making them cheaper to manufacture. The three- to ten-times increase in charge cycling makes them a popular choice for EV cars as well as power generating plants. It is also thought that as the batteries age and are recycled, this will eventually supply most of the lithium required for future needs. These batteries are not yet in many consumer products, as they are heavier with a lower output than other types of lithium ion batteries, but you can find them for camping and RVs.

Norway is making big inroads to electric vehicle adaption. Their government is incentivizing the changeover with tax breaks and other benefits. Currently about one third of the vehicles on the road there are EVs, one third diesel, and one third gas. They also have a large network of recharging stations. Norway gets about 88% of its

electricity from hydroelectric plants. Ironically, they have money for these changes from the sale of oil and natural gas. The goal is not to entirely replace gas and diesel vehicles but to limit their use to specific needs. Also, like a lot of bigger cities, they are working on reducing the total number of vehicles in city centers to reduce congestion and make their cities more pedestrian friendly. Sort of like an expansion of the 16th Street Mall in Denver.

An odd choice for this list is 3D printing. The cost of printers has dropped quite a bit, while the printers themselves have gotten easier to use and more dependable. They are still finicky, but do most of the setup work themselves. Coupled with good 3D CAD (Computer-Aided Design) programs (including my favorite FreeCAD), these printers are becoming usable for home enthusiasts. If you already know how to design in one of these programs, you probably already have a printer. If not, there are tons of readily available designs on the internet, some useful and some bric-a-brac. My personal experience is that I have learned a little bit of CAD and printed several useful things, but they are all plastic.

There were multiple general medicine advances in 2025. One that offers hope to sufferers of Huntington's disease has shown some benefit, but has only a small test sample and involves extensive surgery. It is too early to tell if this will make its way out of clinical testing, but hopefully we will learn something from the process. New eye implants are helping some people with macular degeneration, though this process is also still in clinical trial phase. Hearing aids are getting much more affordable and better, with Apple ear buds being at the forefront. This rather obvious use for a cell phone has been around for a while, but Apple has put some effort into their app to make it very usable for mild-to-moderate hearing loss. If you do opt to use this function, be sure to check with your doctor to make sure there is no underlying cause for your hearing loss.

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Penny for your thoughts

Juba Is Fond of the Praying Mantis

BY PENNY RANDELL

Happy March to all our readers. This month we are taking on an insect that causes no problem for us humans. The praying mantis, Kingdom Animalia and the largest family in the Order Mantodea and Superorder Dictyoptera, is distributed worldwide in temperate and tropical habitats. Their stationary posture with forearms folded resembles a praying stance and therefore leads to the common name. Their closest relatives are termites and cockroaches. Sexual cannibalism is often practiced by females, as they often eat the male after copulation. Interestingly, beginning civilizations believed this insect to have supernatural powers. Today, they are commonly kept as pets.

The mantises have large heads that are triangular shaped. Their first pair of legs are primarily for grasping, crushing, or cutting their food. They are also used for protection from certain pests. They are known for their bulging, compound eyes, which each contain three smaller eyes. Their neck is remarkably flexible and can rotate nearly 180 degrees. The external hearing structure is called the tympanum and collects sound, although they mainly hear ultrasound. As for wings, they can be long, short, or none at all. If not wingless, the mantis has two sets of wings, and the outer wings are narrow and leathery. These function as camouflage and shield the more delicate hindwings. The middle and hind legs are used as walking appendages.

Taking a closer look at their vision, this critter has what is known as stereo vision. They locate their prey primarily through eyesight, using their compound eyes that contain up to 10,000 ommatidia. That is a cluster of photoreceptor cells surrounded by support and pigment cells. The cornea is transparent. They are considered diurnal, with vision being their first defense, as well as being responsible for locating food. Many fly at night and are often attracted to artificial light. It is the male that is commonly found at night, as they locate less-mobile females through pheromones. Also, flying at night exposes this insect to fewer predators like birds. As for bats, many mantises contain an auditory thoracic organ that aids in detecting a bat's echolocation.

Generally, the mantis is a predator. They are mainly ambush predators that only feed on live prey that come within their reach. They either camouflage themselves and wait for approaching prey, remaining stationary, or stalk prey with



“Some ancient civilizations believed this insect to have supernatural powers.”

slow, stealthy movements. Larger ones often eat smaller ones, along with small vertebrates such as lizards, frogs, fish, and particularly small birds. If they are especially hungry, they venture farther from their place of resting. These insects strike rapidly to grasp the food with their spiked raptorial forelegs. What are known as ground mantises run over dry ground seeking nourishment. Some discriminate between different types of prey, such as spiders. The foregut of some extends their whole length and can even be used to store prey to digest later.

Mostly, mantises protect themselves by camouflage, often resembling leaves. Those that live on uniformly colored surfaces, such as tree trunks and bare ground, flatten themselves to eliminate shadows that reveal them to prey. Flower mantises, which resemble flowers, are quite aggressive and can capture insects seeking pollen and nectar. When threatened, many will stand tall, spreading their forelegs while fanning their wings as wide as possible. A mantis can strike with its forelegs and attempt to pinch or bite. They are also able to produce a hissing

sound with air from their abdomen. These insects have no chemical protection, however. They go through three life stages: egg, nymph, and adult. A mantis nymph grows bigger as it molts its exoskeleton.

In captivity sexual cannibalism is common. As studied, about 90% of the predatory species exhibit such behavior. This may begin with the female biting off the head of the male. If mating, the male's movements may become more vigorous as it delivers sperm. Mantises are highly visual and notice any disturbance in the laboratory or field. When left undisturbed, they can engage in elaborate displays of courtship. First, the male performs an obvious dance to change her interest from feeding to mating. During this activity the female has been known to respond with a defensive display of flashing the colored eyespots on the inside of her front legs. A female on a satisfactory diet can forego sexual cannibalism. One study revealed that hungry females generally attracted fewer males. Dismounting from the female can often result in his being eaten as well.

Mating season differs from temperate climates to tropical. In a temperate climate this activity takes place in autumn, while in tropical climates mating can be at any time. First comes courtship, and then the male jumps onto the back of the female, clasping her thorax and wing bases with his forelegs. Next, he arches his abdomen as he deposits sperm in a special chamber near the tip of the female's abdomen. She is capable of laying between 10 and 400 eggs, depending on species. Typically, the eggs are held within a froth mass produced by glands in the abdomen. The froth eventually hardens and creates a protective capsule called an ootheca. With some species the ootheca can be attached to a flat surface, a plant, or simply onto the ground. Covering this mass with her abdomen, she keeps the eggs safe.

It is the ancient Chinese dictionary where the mantis was first referenced, and said to be courageous and fearless. Egg packages were accurately described since 1108, along with the development cycle, anatomy, and function of the antennae. The 10th century Byzantine encyclopedia described this mantis as a pale green, clumsy, and slow-moving locust. Also, a proverbial expression was developed in which the word mantis was used to mock people who were sluggish and ineffective, yet treated as though they had wisdom and insight. Biology and morphology and basic description of the mantis became more precise in the 18th century.

In Africa this critter is believed to bring good luck. Some ancient civilizations believed the mantis had supernatural powers. Greeks believed a lost traveler could obey the mantis and it would show the way home. Today gardeners who avoid insecticide often turn to the mantis for plant protection from pests. Nonetheless, mantises do not have any agents or attributes of biological pest control. The mantis is among the many insects kept as pets. Breeding this animal in captivity is common, for their lifespan is only one year. It was 1996 when at least 50 species were known to be kept in captivity by members of the Mantis Study Group.

Well, that's about it. Truly, if you come across a praying mantis, watch it and become familiar with its habits, for they are one of the most entertaining insects ever. Meanwhile, I'll be around to fill your heads with knowledge and show you what you need to know about another captivating creature.

Thoughts From an Avid Rockies Fan

BY EMILY FOSE

News flash, stop the presses! The Colorado Rockies had an abysmal season last year, to put it mildly, capping off a trio of 100-loss seasons, and seven consecutive losing seasons. Okay, okay, I admit it: I have a keen grasp of the obvious.

How bad was it? Their 43–119 season, a .265 win/loss record, was one of the worst in the history of Major League Baseball. Their pitching staff, as a group, had a 5.99 ERA, the highest in MLB. Their team batting average was .237, one of the lowest in the majors, while hitters racked up a .296 batting average against them.

The team suffered an absolutely unfair number of serious injuries; every one of their starting pitchers was on the Injury List at some point during the season, and frequently more than one was on the IL at the same time. Due to all the injuries to the starting rotation, inexperienced pitchers were often put in; they couldn't last as long on the mound as more experienced pitchers would, so extra stress was put on the bullpen, causing them to tire earlier in the season than normal, which also hurt the bullpen's performance.

Meanwhile, the middle infield, with Ezequiel Tovar at shortstop and Thairo Estrada, whom the Rockies signed specifically to play at second base to team with Tovar, were both out with injuries for so much of the season that they hardly

played together at all throughout the season. A direct result of all the injuries was that many minor leaguers were promoted to the majors, a franchise record 13, several of them before they were ready to play at that level. And that followed a 2024 season that had 12 major league debuts; together, those two seasons produced an extremely young and inexperienced team.

All of that inexperience also showed up at the plate, resulting in a 26% strikeout rate, against a pitiful 6% walk rate, striking out many more times than they drew walks; that's a sign of lack of plate discipline, which comes with experience. Between the pitchers and the position players, it was as though the Rockies were fielding a fairly good AAA team, rather than a Major League team; so it's no wonder that their record was so awful.

So what does that mean for 2026? I see a few hopeful signs.

First, all of those rookies have been gaining that experience, so the best of them should not just stick around, but play better this year. And some of them look to be quite talented.

Second, there has been a significant shake-up in the front office, with a new and healthier (in my opinion) approach to the game. For example, the Rockies were several years behind the other teams in the area of analytics, people in the front office who specialize in looking at all of the scouting information that is available, and actually incorporating what they learn about the opposing team into each day's game plan. They have also invested in equipment that many of the other teams already have, equipment that

allows their hitters to practice against a pitching machine that can be set to mimic the action of the specific pitchers that they're going to be facing that day.

Also, while those "kids" from the last two years are good, they need to be playing with veterans who can show them, by example, what it looks like to approach a game, a particular situation in a game, or even just baseball life in general, in a manner befitting a big leaguer. To that end, there were several free agent signings in the off-season, two position players and three pitchers. These are definitely worth watching. The two position players, Jake McCarthy and Willi Castro, have been described as "Swiss Army knife" players, playing many positions and all well, which provides much more flexibility for in-game decisions, as well as the flexibility to give the starting position players a bit more time off, thus keeping them fresher as the season progresses. And the new pitchers, Michael Lorenzen, José Quintana, and Tomoyuki Sugano, are all experienced veterans who are expected (as I write this) to be three of the five starting pitchers. These five men should be both good performers and a good influence in the dugout and the clubhouse.

One other thing to watch this season: This is the first year that the ABS (automated balls and strikes) system will be used during the regular season in the big leagues. It's been used on a trial basis in the minors for a few years, and was introduced to the big leagues during spring training last year. It was so well received that it will be used this season in every game in the majors.

There will still be an umpire behind the plate calling balls and strikes. However, with the ABS system, each team has two challenges to those calls during the game. Only the pitcher, catcher, or batter may challenge a call; they must challenge within two seconds of the pitch, and may not have any help from the dugout. If a call is challenged and overturned, the team retains that challenge and may use it again; but if a call is challenged and not overturned, the team loses that challenge. The system has worked very well during spring training (and in the minors during the regular season, as well), so instituting it in the majors during the regular season was an easy decision for the team owners. Teams are still figuring out how best to use their challenges; it will be interesting to watch how that develops through this inaugural season.

People ask me how I think the Rockies will do this year. I'm not willing to go out on a limb, to say, "I predict they'll do this much." But I am confident that they will be an improved team, compared to the recent past—definitely not a very difficult standard to achieve! I seriously doubt that they'll make the playoffs, or even have a winning season; but I don't think it's too unreasonable to hope for a .400 season, which would improve their record to enough wins to prevent a fourth 100-loss campaign in a row.

And having said all that, I have just one more comment: Go, Rox!!!



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Alex & Anita Lizzi, Owners

From the Executive Director of Bootstraps, Inc.

Bootstraps, Inc. is a community-powered nonprofit dedicated to helping local students pursue postsecondary education and career training. Through scholarships, interest-free loans, career training support, and ongoing assistance, Bootstraps partners with students and families to help remove financial barriers.

For decades, Bootstraps has been sustained by generous donors, dedicated volunteers, strong school partnerships, and a deeply engaged board of directors. The organization serves students from Clear Creek, Conifer, Evergreen, and Platte Canyon High Schools.

Bootstraps is seeking its next Executive Director (ED) to lead the organization into its next chapter of impact and sustainability. The ED serves as the chief executive and strategic leader of Bootstraps, Inc., working in close partnership with the Board of Directors to advance the organization's mission, strengthen its

financial sustainability, and deepen its community relationships.

Key responsibilities will include leadership and strategy, donor relations and stewardship, fund development, community and school partnerships, operations and financial oversight, board partnership, and execution of the annual awards process.

Bootstraps will offer a salary of \$65,000 p/year, consistent with Colorado nonprofit benchmarks.

Interested candidates should submit:

- Resume
- Cover letter
- Sample appeal letter
- Email to susan@bootstrapsinc.org, or mail to Bootstraps, Inc., PO Box 66, Conifer, CO 80433 by May 1, 2026

All inquiries will be handled confidentially.

OUR READERS' FUR BABIES!



Bodie Bagel!



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Charlie and his security toys... just in case!



Dogs, Dogs, Dogs

BY CATHY KOWALSKI

Playing with your dog is rewarding and strengthens the bond between you. However, allowing rough or mouthy play can result in inappropriate behavior.

Pushing and grabbing your dog may get your dog overly excited, causing them to make poor decisions. Grabbing their feet to get them to pull them away makes it difficult for nail trims and vet exams.

Your dog learns to treat you like another dog when playing rough. Your dog will treat others the same way by jumping and mouthing them. Remember this can cause physical danger to children, and older individuals can be injured or fall. A dog's mouth should never be on your skin. When playing with your dog, a good rule for your dog is no standing on their hind legs during play.

Encouraging puppies to jump on hard surfaces or repeating sharp turns when jumping around can cause mobility problems and arthritis later.

Do short play sessions, concentrating on mental stimulation and scent work, encouraging curiosity and learning. Keep an eye on your dog and acknowledge when they need a break.

Dog's paws don't have traction, so don't have them run and play on slippery floors—they can slip and dislocate their knee or tear a ligament. The effort to stay balanced while running on slippery floors can cause cumulative traumas.

Don't play with old shoes, or your dog will think it's OK to chew on your new shoes! Shoe

soles can contain chemicals that would be harmful to your dog. Plastic bottles crack into pieces, and ropes fray into threads. Laser lights can result in obsessive behaviors, with your dog chasing light or shadows.

Rotate your dog's toys every week so they are always excited to see them. As toys become worn or broken, throw them away. Sharp edges can cut their mouth, and threads from rope toys can tangle around the tongue or cause blockages in the esophagus, stomach, or intestines.

Be sure to have your dog wait 1–2 hours after eating before playing. Extreme play on a full stomach can cause bloat, when the dog's stomach expands and twists, trapping gas and cutting off blood flow. Should you notice your dog excessively drooling, pacing, trying to throw up but nothing comes out, or an extended stomach, you will need to get them to the vet immediately. Every year 36,000 dogs bloat and 30% die as a result.

As alternatives to rough play, here are some recommendations.

Tug of war is a great game, but make sure you have taught your dog to drop it. If your dog is unwilling, trade them the rope for a treat.

Hide and seek is a great way to provide fun for you and your furry friend. Have your dog stay

while you go and hide, then call them—they will love trying to find you. Start out clapping your hands to help them find you until they figure out the game.

A treasure hunt encourages mental stimulation. Start out by hiding a treat or toy in plain sight, tell your dog find, then point to the item and reward. The second step would be to cover the item halfway with a pillow or rug. As they get better at understanding the game, you can make it harder for them to find the treat or item. Be sure to reward them when they find it!

Keep playing sessions short, 5 to 10 minutes.

If you build an obstacle course, once they are proficient at moving through it, have them go through in the opposite direction.

There are many more ways you can play with your dog without encouraging rough play—just Google it!



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.



THINK SPRING?

BY ANNE VICKSTROM

“According to the US Drought Monitor, we are in a ‘severe drought.’”

The theme for this publication is Think Spring. Are you kidding me? I can just hear everyone across our mountain community laughing. Did we EVER see winter? We've been thinking and experiencing spring for the last five months.

According to the US Drought Monitor (<https://droughtmonitor.unl.edu/CurrentMap/StateDroughtMonitor.aspx?CO>), we are in a “severe drought,” which could be worse, as our neighbors to the north are in extreme or exceptional conditions. Research puts it this way: As of early March 2026, the Colorado foothills and Front Range are experiencing intensifying drought conditions, with areas ranging from abnormally dry to severe drought, according to the U.S. Drought Monitor. Recent warm, windy weather, combined with below-normal snowpack (less than 70% in the Central Rockies), is driving these conditions.

Regardless of the scientific terms, we all know what we're dealing with. First, in the pocketbook, those angels with plows, who drive through the night, clearing our roads and driveways, are trying to make ends meet. Last year, our neighborhood cut multiple checks to have our access cleared of heavy, wet snow; our combined account is sitting still this year.

Next are our forests and lawns. Recently, a sprinkler ran in front of Christ the King's residence, which was a good reminder that I need to get out and put a little water on that rock-hard garden out front. Especially as the other day I started clearing some pine needles from my garden and spotted green growth already in mid-March. And I saw daffodils poking their heads out of a Lookout Mountain garden.



“Rather than be scared during this drought, be prepared.”

Most importantly, it's what everyone is talking about—fire danger. No one who lives up here has to be told not to start any outdoor fires. But being fully aware is vital. When the Evergreen Fire Protection District is under a FIRE BAN, no outdoor live fires will be allowed. This ban includes wood-fueled campfires, charcoal, pellet, or wood BBQs and smokers. Only a fully enclosed gas BBQ or gas-fueled fire pit may be used during a fire ban and must be attended at all times. I encourage you to look up the local

fire restrictions in your community. The websites for each of the mountain fire districts are enough to scare you into creating a neighborhood watch to prevent our worst nightmare from happening.

Rather than be scared during this drought, be prepared. The Evergreen Rotary Club has developed Wildfire Aware (rotarywildfireready.com), which will take you through everything you need to know to stay safe and connect you with emergency notifications.

I know what it is to be threatened by wildfire. During the Elephant Butte Fire in July of 2020, my husband and I stood on our deck and watched the flames. We never received an evacuation call. I remember looking at him and saying, “Should we be packing?” I also remember standing stock still, simply unable to decide what needed to be done first.

I encourage you to take a moment to talk with your family and decide what your priorities are for evacuating. Make a list of what goes in the car, from first to last: the dog, the kids' art, laptops, and the fireproof box with all our documents. A friend who was affected by the Buffalo Creek fire told the story of packing up everything they didn't want to burn and storing it down the hill. Afterward, they looked at what was left and asked, Why are we keeping all this if we don't care if it burns? They did some major purging later on.

It may seem silly, or paranoid, but when fire and smoke so thick you can't see your hand in front of your face are chasing toward you and your loved ones, it's going to save lives to have literally practiced a fire drill.

Stay safe and hope for April showers!

Anne Vickstrom proudly started her writing career with *Your Mountain Connection*. She has written for regional and national publications, and has published books, including *Depths of Devotion – A Love Story Across Continents and Cultures*. She loves living in Evergreen where she and her husband raised three children and six dogs.

COOKING CLASSES WITH...



Baby Food

BY FRANCESCA ARNIOTES



Picky eaters are made, not born. As with many things, affluence doesn't necessarily breed happiness and can, in fact, be counterproductive.

than a jar of pureed peas or instant rice cereal? Our palates start developing as soon as solid food is introduced. Stimulating textures and flavors can be every bit as important to the development of a happy human as mobiles and Mozart.

As a new mom, I received lots of advice from the parents and grandparents. When it was time to start our daughter on solid food, they told me it should be, in the best Italian tradition, "pastina"—tiny macaroni stars dressed with butter, grated Parmigiano, and a beaten egg. (They didn't need to remind me; honestly, I've never outgrown it!) We had a little hand-cranked food-mill, and everything we had on the table got ground up for the kids. They grew up to be happy foodies, and I'd like to take credit for that!

Still, kids often go through periods of refusing to eat. That's the time to get creative. And a bit silly. My grandmother used to make us "silver dollar pancakes," which delighted us as we popped dozens of them into our mouths. Of course today, kids wouldn't know what a silver dollar is, so that won't work. But mini-anythings are cute and usually sell well. Mini muffin tins are a very useful investment that are not just for muffins. Use the food processor to chop up carrots, onions, zucchini and some greens. Put in some parsley or basil. Add a couple of eggs and a tablespoon of flour, salt, and a pinch of baking powder. A little olive oil carries flavor and adds needed healthy fat. Get the processor going until those eggs get full of air, and then pop the mix into your oiled mini muffin tin and into a 400 degree oven. In about 10 minutes, you'll have mini veg souffles that are too cute to ignore. Make potato pancakes. There are lots of recipes around. A tip, though: be sure to use a clean kitchen towel and squeeze the water out of the grated potatoes. Then do variations: grate colorful vegetables like beets, red onions, and carrots

and mix with shredded kale or chard. Read *Green Eggs and Ham* and then make some by scrambling the eggs with pureed spinach.



Sometimes it's all in the name. Walrus Salad. Ants on a Stick. Cat Butt dumplings. I'll explain that last one. A few years ago my granddaughter was completely off eating anything except sushi. One weekend when she and her brother were staying with us, I had an idea. Since they were both in the pee-pee-poo-poo stage of humor, I suggested they find the cat and see if they could get a good look at her butt. Meanwhile, I whipped up a filling of ground pork, scallions, shredded Napa cabbage, sesame oil, soy sauce, ginger, garlic, and sherry. I always have wonton wrappers on hand because they are great for emergency entertaining. Poor cat. But the kids were positively giddy when they succeeded in their mission. So we all began to make cat butt dumplings. A spoonful of filling in the center of the wonton wrapper, wet the edges with our fingers and fold into a triangle. Then with a flick of the wrist we joined the pointy ends, the center puckered into folds and voila! I told them they'd look even more realistic once they were steamed. And they did! They couldn't wait to gobble them up! When they went home, I got a text from my daughter asking what in the

world they were talking about because they were insisting she make this great new dinner item. We never laughed so hard! And they are still on the list of favorites.

If you're curious about the other things I mentioned, Walrus Salad is cubed apples, diced celery, and walnut pieces. Use granny smith and a sweeter apple and even a third variety. Don't worry about peeling them. Make them all little cubes of the same size so it's easy to put several in a spoonful. Sprinkle with some sugar and lemon juice. Dice the celery a bit smaller than the apple pieces. You can toast the walnuts for extra flavor if you want to, or just add them as they are.

Then toss everything in a bowl and add a nice sprinkle of salt and just enough plain yogurt to make everything nice and yummy. The original Waldorf Salad is made with mayo. Ants on a Stick can be anything from peanut butter or cream cheese and raisins on a rib of celery to the Chinese "ants climbing a tree" dish, which is rice noodles with bits of ground pork clinging to them in a delicious sauce.

I leave you with an example of not-great-moments in marketing to unfamiliar cultures: In Africa the contents of jars and cans are pictured on the label. When Gerber's chubby-cheeked baby appeared on jars being given out to mothers, they were horrified.

Cooking Classes with
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Evergreen Chamber Ribbon Cuttings and News



Mainzer Roof & Gutter Company
We are a family owned and operated roofing company, based in Evergreen, Colorado, and serving the foothills and surrounding areas. We specialize in roof and gutter replacement, new builds and repairs.

Scott Mainzer - Owner
720-610-8262
info@MainzerRoofing.com
MainzerRoofing.Com



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Zippy Lawnz is a leader in autonomous robotic lawn care and snow removal. We approach lawn care with a technology-first mindset to improve our outdoor spaces, reducing costs and noise.

William Golde - Owner
720-251-1446
Wgolde@zippylawnz.com
Zippylawnz.com



A Fresh Season to Explore Evergreen

BY ERICA SPRENKEL

With this unseasonably warm weather and very little snow to speak of, it already feels like we're getting a head start on spring. Many of you may be thinking about getting outside, trying a new trail, or making plans to host friends and family who are eager to spend time in our mountain community.

As you start to make those plans, remember that the Evergreen Chamber office at the Stone House also serves as our local visitor center. We, of course, have information on all of our Chamber members, but did you know we also carry trail maps for local hiking spots? We also have visitor guides for tourist areas and attractions throughout the state. Whether you're entertaining out-of-state guests or simply looking to explore a new part of Colorado yourself, we would love to be a resource for you.

The Evergreen Chamber is also the source of the annual Explore Evergreen guide, which was mailed to every household at the end of February. If you didn't get a copy, pick one up at our office

at 1524 Belford Court, or check out the digital version on our website at EvergreenChamber.org. This guide is jam-packed with a full 2026 calendar of events, local gems, and activities for all ages. There's something for everyone in Evergreen, if you know where to look!

Don't forget to check out our community app, Everything Evergreen, which features a calendar of events for festivals, fundraisers, and activities for you, your kids, and your grandkids. Plus, check out exclusive deals on dining, drinking, and shopping! Featured businesses running deals are highlighted in their sections with a star.

Download the app using the QR code below!

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

SHOP LOCAL!

DOWNTOWN EVERGREEN

Welcome Evergreen's New Director and Marketing Manager

EVERGREEN, Colorado, March 1st, 2026

The Evergreen Downtown Business Association (EDBA) today announced that Kat Conner has been hired as the new Director and Marketing Manager. Kat brings extensive experience in marketing, creative direction, event planning and management, municipal management, commercial development planning, and more.

Kat has college degrees in Studio Art, Graphic Design, and Interior Design. The bulk of her professional career was in publishing as an art director, production manager, graphic designer, and marketing and sales support for nationally and internationally distributed publications. She moved to Colorado with her family about 10 years ago and started freelancing as a graphic designer.

In Eagle, CO, she created the Downtown Eagle branding, including designing the logo, creating social media accounts, and creating newsletters; collected contact information from local businesses and property owners, as well as the community; and created the database that the town still uses today. She co-created, organized and operated the 2nd Friday ARTwalks which became hugely popular, while the businesses thrived as a result. From there, she helped create two non-profit organizations, Eagle ARTS and the Downtown Business Alliance, to start fundraising for Downtown Eagle and applying for and collecting grants. These efforts led to winning the Community Impact Award given by the town council in 2019.

Kat was asked by town staff to start attending conferences with Downtown Colorado Inc. (DCI) and Colorado Creative Industries (CCI) to represent Downtown Eagle. She gained a wealth of knowledge about boosting the vitality of small downtowns, and became the leading force in creating the Downtown Development Authority (DDA) for Eagle. That included working with town staff, engaging the community, helping write the ballot initiative for the election, creating and distributing marketing materials, and more. She was then appointed by the town council to become the Chair of the DDA and held that position for several years.



With the EDBA, Kat will take on the role of Director and will be assisting the board of directors with monthly meetings, communication, and boosting fundraising efforts. As the Marketing Manager she will enhance social media marketing, help organize and operate events, create marketing materials, and maintain consistent branding for Downtown Evergreen as a vibrant and rugged mountain town destination.

"I am honored to help out Downtown Evergreen," said Kat Conner. "We have such a unique and special location that sets us apart from most other towns in Colorado, and I can't wait to celebrate that. I look forward to working with the EDBA, the local business and property owners, our partners, and community to unlock the next phase of growth."

"We are thrilled to welcome Kat Conner as the new Director and Marketing Manager of the Evergreen Downtown Business Association. Kat's impressive background in creative marketing, community engagement, and downtown development aligns perfectly with our vision for a thriving, vibrant Evergreen. Her proven track record of fostering strong local partnerships and elevating downtown districts will be invaluable as we continue to celebrate and grow our unique mountain town. We look forward to the fresh energy and innovative ideas Kat will bring to our community and business members." — Evergreen Downtown Business Association Board of Directors

The Evergreen Downtown Business Association is a 501(c)(6) organization that promotes the unique nature of Evergreen to residents and visitors, and fosters collaboration among business owners and the community. The EDBA identifies and coordinates marketing initiatives and organizes special events to showcase our local retailers, restaurants, and professional service providers. Our board meets monthly to address issues facing our business owners and to design brand strategies to benefit our collective membership. We are proud to do business in a thriving mountain community with such history, culture, and heart.

UPCOMING EVENTS

Monthly Chamber Breakfast

April 1, 2026 • Hiwan Golf Club • 7:30 am – 9 am
Topic: Updates with EMD & EFR

Mountain Mixer@5

April 9, 2026 • Evergreen Massage • 4611 Plettner Lane, Evergreen • 5 pm – 7 pm

www.evergreenchamber.org

Conifer Chamber Ribbon Cuttings and News



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BY BETH SCHNEIDER, EXECUTIVE DIRECTOR



The Conifer Area Chamber of Commerce extends our sincere gratitude to three outstanding board members who are completing their terms after three years of dedicated service. Their leadership, time, and commitment have played an important role in guiding the Chamber through a period of growth, collaboration, and community development.



Serving as Board President this past year, **June McKenzie of RE/MAX Alliance** has been a passionate advocate for the Chamber and the Conifer community. June's involvement with the Chamber spans many years, beginning as an Ambassador before joining the Board of Directors. During her time on the board, she brought enthusiasm, organization, and a genuine love for the community to every initiative she touched. In addition to her role as President, June served as the chairperson for the Conifer Christmas Parade; her leadership and dedication have made a lasting impact.



Jacqui Angelo of Blue Leaf Design Build and Dahlia Interiors has also been an invaluable member of the board, serving as Treasurer and helping guide the Chamber with thoughtful financial stewardship. Jacqui has chaired several committees and consistently stepped forward wherever leadership was needed. Jacqui spent many years as a Chamber Ambassador before joining the board, building strong relationships with local businesses and helping new members feel welcomed and connected. Her creativity, professionalism, and commitment have strengthened the Chamber in countless ways.



Steve Dennis of Homestead Exteriors has been another key contributor during his time on the board. Steve led the Home Services Power Team, creating valuable networking and referral opportunities for local businesses in the home services industry. His collaborative leadership style helped foster strong connections among members and supported the Chamber's mission of helping local businesses succeed. While Steve is completing his term on the board, he is not stepping away from leadership. He will continue his involvement with the Chamber as part of the Ambassador Team, where his experience and mentorship will continue to benefit members.

As we celebrate the dedication of these board members, the Chamber also invites the community to join us for two exciting upcoming events. The **Casino Night and Nominee Celebration will take place on Friday, April 17, at The Woodlands**, where we will recognize this year's outstanding award nominees. Community members are encouraged to vote for their favorite nominees through Saturday, April 18. The celebration continues at the **Annual Awards Dinner on April 23**, when the winners will be announced and we come together to honor the businesses, nonprofits, and community members who make Conifer such a special place to live and work.

Beth Schneider
Executive Director
Conifer Area Chamber of Commerce

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



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

www.goconifer.com

CALENDAR OF EVENTS

April 1–25



22nd Annual Mile High International Pastel Exhibition at 31880 Rocky Village Drive in Evergreen. Exceptional pastel works from artists nationwide.

April 2, 9, 16, 23, and 30

Join us for Thirsty Thursdays at the Blackbird Cafe, from 4–7:45pm, for local live music, appetizers, and drinks. 25940 Highway 74 in Kittredge.

April 2, 9, 16, 23, and 30

For horse lovers of all ages, TrailBlazers Class at the ResqRanch will be held every Thursday from 4:30–6pm. The Trailblazers is a weekly community gathering for horse lovers of all ages. Together, we are embarking on a mission to increase the number of people skilled in the art and science of Positive Reinforcement (R+) training. By joining, you become a vital part of the solution. Trailblazer Single 90-minute Session: \$52 or Trailblazer 10-Session Pass: \$430. <https://www.resqranch.org/trailblazers-a>

April 2, 9, 16, 23, and 30

Preschool Adventures at Evergreen Nature Center, weekly on Thursdays, 9–10am. Bring your little one to the Nature Center each week to develop their early childhood readiness skills through nature exploration. Practice fine motor skills, literacy comprehension, and more at the Evergreen Nature Center. These programs are designed for children ages 2–5 years old. All children must have an adult in attendance. Come dressed to explore the outdoors. This program is completely FREE and no registration is needed. Approximately 45–60 minutes. <https://evergreenaudubon.org/events/preschool-adventures-at-evergreen-nature-center/>

April 4

Community Meeting about the Buffalo Park School Project, on Saturday, April 4th, from 5–6pm. Presenters will include local historians, EMAHS president, and EPRD leadership, who will provide updates on preservation efforts and the next steps for this 1877 log schoolhouse. Join us at the Hiwan Heritage Park and Museum, 28473 Meadow Drive, Evergreen, CO.

April 8

Wild Aware invites you to join us for a special evening with Mark Surls, the Colorado State Coordinator for **Project Coyote**. As a conservation photographer and author, Mark has a deep commitment to Colorado's wildlife and is dedicated to providing the kind of information and resources we need to coexist with these brilliant "song dogs." Free at the Barn at Timbervale from 6:30–8pm, 4132 Timbervale Dr, Evergreen. See wildaware.org for more information.

April 9

Conifer Area Chamber of Commerce Monthly Membership Meeting at Our Lady of the Pines, 9444 Eagle Cliff Road, in Conifer. Doors open at 7am for networking and the meeting runs 7:30–9am. This meeting welcomes chamber members, prospective members, and any of our neighbors interested in learning more about our business community and activities in the area.

April 10



A Night with Our Stars, (formerly Sparkle & Shine Business Awards and Gala), Friday, 6pm–9:30pm, at the Evergreen Lake House, 29612 Upper Bear Creek, Evergreen. Black-tie encouraged. Event sells out, purchase your tickets early. evergreenchamber.org

April 10–19



In April at StageDoor Theatre our Junior Company will perform the musical, **"Once Upon a Mattress"** Youth Edition. Book by Jay Thompson, Dean Fuller, and Marshall Barer; music by Mary Rodgers; and lyrics by Marshall Barer. Directed by Kris Sage with music direction by Alexandria Bernhardt. This family fun fairytale show will run April 10–19. Fri., and Sat. at 7pm, and Sat. and Sun. at 2pm. Tickets are \$20, with the usual \$5 discount for students, seniors, and educators. www.stagedoortheatre.org. *Stagedoor Theatre is a 501(c)(3) nonprofit community-based theatre, open to everyone.*

April 16

Wild Aware, an Evergreen Colorado non-profit organization, invites you to join us for a wild evening of celebration and connection at the **Open Aware Meet and Greet** on the third Thursday of each month from 6–7:30pm at the awesome Evergreen Brewery, 2962 Evergreen Parkway, Suite 201, Evergreen, CO, 80439. wildaware.org

April 24

Morning Birds and Brews with Evergreen Audubon and Nature Center, on the last Friday of each month, 8:30–10am at the Evergreen Nature Center, 27640 CO-74. Let's see what birds we can find! Evergreen Audubon will provide hot drinks. Bring your own coffee mug or thermos, binoculars, and weather-appropriate clothes. We have binoculars to lend out, so don't worry if you don't have your own! This event is geared toward adults, but all ages and birding abilities are welcome.

April 24

Wild Aware, an Evergreen Colorado non-profit organization, is actively recruiting volunteers, new and old, for their **Fourth Friday Coffee**, a monthly event that continues on the 4th Friday morning of every month. Our gatherings begin at 9am in the Evergreen Bread and Cocktail Lounge, 1260 Bergen Pkwy, Evergreen. Come meet new friends and make an impact in your community! wildaware.org

April 25

A free community event designed especially for children ages 5–10, **Wild Aware Discovery Day** will feature interactive science stations, creative art activities, and exciting games. 10–12pm, please RSVP at wildaware.org.

April 25

Come visit Evergreen Nature Center on the last Saturday of each month for a new program designed for the whole family! Our April topic: **Mighty Migration**. From 11am–12pm at 27640 CO-74, Evergreen. <https://evergreenaudubon.org/events/saturday-family-program/>

May 9

Women of Evergreen Businesses (WEB) invite you to their Paper Shredding and Electronics Recycling Fundraiser. 8am–11am, at the Evergreen High School, benefiting the WEB Angel Fund. Drop off your items for on-site paper shredding and electronics recycling and help community members in need! Proceeds benefit local families experiencing hardship. www.womenofevergreenbusinesses.org *Women of Evergreen Businesses (WEB) is a 501(c)(3) nonprofit organization devoted to the promotion and success of local women business leaders through community support and outreach. WEB raises and donates funds, supplies, and service efforts to individuals, families, and charitable organizations in Evergreen and surrounding mountain communities.*



Evergreen Players presents

Murder Prohibited at Hiwan A Prohibition Era Murder Mystery

DIRECTED BY KATHLEEN DAVIS

Murder Prohibited at Hiwan is a collaboration between Evergreen Players, the Evergreen Mountain Area Historical Society, and Jefferson County Open Space, and offers an immersive, interactive mystery event within the former log home of Dr. Josepha Williams Douglas, built between 1893 and 1918 and located on Meadow Drive in Evergreen. **Murder Prohibited** transforms the museum into the 1920s home of former crime boss Victor Moretti, and the small audience, as "guests" for Moretti's speakeasy party, assist Detective Gunn in solving the ensuing crime. The original script was written by Nicole Dickson, ICMT Murder Mystery Company, and adapted by Stuart Collins, Evergreen Mountain Area Historical Society. **Murder Prohibited** will be directed by Kathleen Davis.

The interactive format makes this unlike any traditional play the Evergreen Players have produced in the past. It's part theater, part immersive experience, part escape room. The actors won't just perform; they'll engage directly with audience members. This is an INTERACTIVE murder mystery where patrons are the investigators! You'll work in small groups to examine evidence, interrogate suspects, and solve the crime.

Audience participation is required. The experience lasts approximately 90 minutes. Period attire (1930s) is encouraged but not required.

This script has been specifically tailored for Hiwan Heritage Museum and the Evergreen community. The historical setting is authentic—Jock Spence really did build this magnificent log home, and Evergreen really was a mountain retreat for Denver's elite in the 1930s. While the murder mystery is fictional, the setting grounds it in our local history.

Shows will be held April 17–26 at historic Hiwan Heritage Park and Museum, 28473 Meadow Drive, in Evergreen. Friday and Saturday performances begin at 7:30pm and the Sunday matinee performances at 2pm. Tickets are \$30 and may be purchased online at www.evergreenplayers.org or by calling 720-515-1528. A few stairs are required to move around the building.

The Evergreen Players is a 501(c)(3) non-profit organization producing 10 shows per year in the foothills. Established in 1950, the Players' mission is to create professional quality theater to inspire, engage and entertain. The Players' mailing address is P.O. Box 1271, Evergreen, CO 80437.

April 2026



April 1

Women's Circle 5:30–6:30pm. Expand your circle and connect with others in a safe space. Activate your creative power to align with your feminine presence that attracts the situations and relationships that you desire. Brenda will share powerful practices to embolden you to show up in life to be seen and heard.

April 8

Block Therapy™ Trauma Release 5:30–6:30pm. 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.

April 12

Mindfulness Walk 10am. Join Kathy at Pine Valley Ranch (30400 Crystal Lake Road, Pine) for gentle walking, grounding, and reflection. Whether you are feeling called to reconnect, reflect, or simply enjoy a calm morning, all are warmly welcomed. Bring layers for the weather, water, and an open heart.

April 15

Dance Party 5:30–6:30pm. Step into a vibrant sanctuary of sound and movement at our community wellness dance party, where Sabrina and Brenda invite you to shift from performance

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, unless otherwise noted. Register www.taspenshealingcenter.com under Events, or online (Zoom details on website) peaceworksinco.org/events

to presence. This gathering encourages you to drop out of your head and into your heart, using the rhythm as an anchor to deepen your connection with each intentional breath. As the music builds, you'll find the space to shake off stagnant energy and enliven your spirit. It's a rhythmic celebration designed to leave you feeling grounded, radiant, and authentically connected.

April 22

Dru Yoga 5:30–6:30pm. Dru has a focus upon maintaining a healthy spine, through activation 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.

April 29

Meditative Sound Bath 5:30–6:30pm. Join Brenda for a transformative vibrational meditation to harmonize emotions and thought patterns while soothing tensions in the body. Sensation is integrated with mindful intention to enliven energy centers and internal wisdom. Wear comfortable clothes, bring a water bottle, head pillow, and yoga mat (if you have one).

Submit your calendar events to *Your Mountain Connection* via Marty Hallberg (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).



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