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News on the Positive Side
MAY 2024

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Warrior by Susan Wechsler • susan.wechsler@gmail.com • mosaicbysusan.com
Read about Susan on page 10

— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



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Are Rattlesnakes Here in the Foothills? Yes!

“Be careful anywhere there are lots of rock outcroppings, as rattlesnakes could be sunning themselves.”



I hope this edition finds you enjoying springtime fun with your animal friends!

It's a busy time at the hospital; we are getting more calls about fish as the weather is warming up. For most outdoor pond fish, the water temperatures are starting to warm up to the point they are awakening from their overwinter slumber, and ready to start eating again and making babies! It is still amazing to some people that there even is such a thing as a fish doctor, and then people are even more baffled by the idea of transporting those pet fish to the vet.

Although housecalls are certainly easier for clients, and that may be the best thing to do if it's a huge pond with hundreds of fish. However, in most scenarios I can be more effective in my treatment plan and diagnosis if I have the fish in the hospital. One of the common issues I see in pond and aquarium fish is swimming problems. Most folks automatically assume it's a swim bladder problem, and sometimes it is. But other times it's an unusual buildup of gas in the intestines

causing the swimming issues, and the best way to determine that is with an x-ray; so in that case, coming into the hospital for an x-ray helps us get to the correct diagnosis faster.

Besides fish, we have also recently gotten many more calls about horses with everything from unusual lumps and bumps to runny noses. Although our facility is not really designed to accommodate seeing large-animal patients, we sure love the opportunity to help save folks time and money by going out in front of the building to see horses that they haul to us.

Probably the most interesting bit of news, which might come as a surprise to many of you, is that yes, in some areas of the Foothills, we actually do have rattlesnakes! I always thought they came no farther west than Morrison, but it has recently come to my attention that near the rocky outcrops off Foxton road, there have actually been multiple rattlesnake sightings, and even dogs suffering snakebite injuries. So when you are out hiking this summer, be careful anywhere there are lots of rock outcroppings, as rattlesnakes could be sunning themselves, and you don't want to stumble upon them

unaware. There is a vaccine to protect dogs from getting as severely sick, if they do get bitten. However, finding antivenin is still a challenge, so it's best to avoid such an encounter in the first place, if at all possible. Please give us a call if you are interested in getting a rattlesnake vaccine for your dog.

An even bigger risk, though, is heartworm disease. It is that time of year! So you have not already started heartworm prevention for your pets, now is definitely the time. Remember, they need to have a current negative heartworm test, and then either a monthly preventative tablet, or a ProHeart injection (what I did with my dogs), which provides continual protection for 12 months and has a very high safety profile even for our most discerning, holistic clients.

Finally, because so many people are getting their dogs out and about, I wanted to mention a common injury: a fully or partially torn cruciate ligament in the knee. As a holistic clinic, we see many dogs like this, whose caregivers seek alternative treatment because they do not want to do surgery. This is a very common injury in active dogs, and we treat hundreds of them every year. Most of the time I do not recommend surgery, because with treatments like joint-supporting herbs, acupuncture, laser, and rest, many dogs recover to full function without an expensive or invasive surgery. However, other dogs do indeed need surgery, although we try to avoid surgery when it makes common sense. If the animal needs any kind of surgery, we are fully equipped to provide the best possible care. In fact, we do many surgeries at our hospital, from lump removals to foreign body surgery for pets that have made bad food choices, and often for a much better price than what the same surgery would cost you at an emergency hospital down the hill in Denver. So the next time you're wondering if you should

have surgery done on your pet, don't forget about us, as we are here for you to provide an excellent experience for you and your beloved animals.

And as far as things at the ResqRanch, we are having a blast with the new baby mustangs. If you haven't been following along, and you are interested in horses, I encourage you to check out our YouTube channel where our post-Rocky Mountain Expo recap video is there for you to see, as well as the video of our Big Reveal where we introduced the little mustangs that nobody bid on at the auction, so we took them in. Our summer schedule is on our website, and we have already been hosting guests, so drop us a line if nature, horses, and dogs in the outdoors are your thing. We will have classes this summer on polite trail behavior, especially around horses and mountain bikes, as well as training demonstrations using positive reinforcement, and many opportunities to just get together and enjoy the outdoors with animals. We have created a new MeetUp group called Animal Lovers Community, so if you use the MeetUp app to find activities and connection with other like-minded individuals, I encourage you to check it out.

As usual, thanks for reading, for your continued trust and support, and for subscribing to our YouTube channel, The1DrQ; we look forward to seeing you this summer at a ResqRanch event. Most importantly, cherish every moment with your beloved animals. God bless! DrQ and the crew of Aspen Park Vet and the ResqRanch!

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



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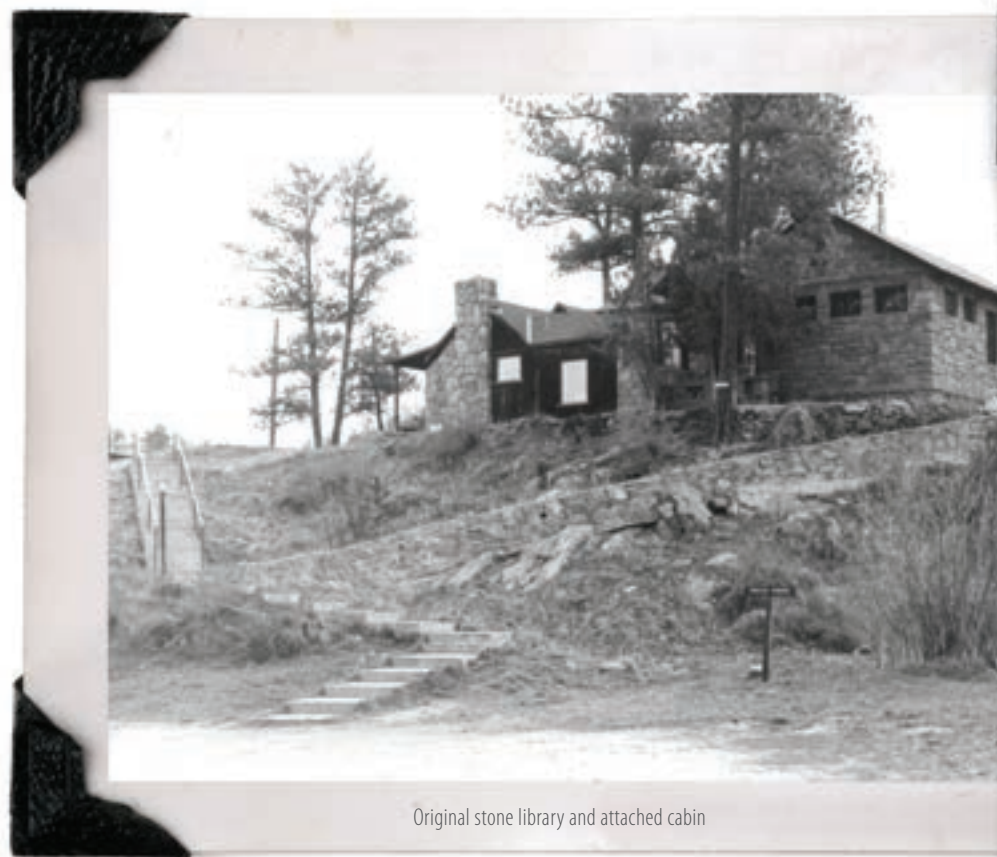
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connection to the past



Original stone library and attached cabin



Julia Douglas sitting on library steps

“Julia often said of the children that she wanted them to know that a library was a very pleasant place to be. Many who are not children will remember her as one who made that so.”

JULIA BREWSTER DOUGLAS AND EVERGREEN'S FIRST PUBLIC LIBRARY

BY JOSIE HOOVER

Evergreen Mountain Area Historical Society

When one contemplates the resources offered at the Evergreen Public Library, it is difficult to imagine Evergreen without a library. Point in fact: in the 1920s few cities had public libraries, especially small mountain communities such as Evergreen. But thanks to a remarkable woman, Julia Brewster Douglas, Evergreen did have a library. Julia Brewster Douglas was born in upstate New York, the daughter of a school superintendent and his school-teacher wife. Julia attended Oswego Normal School and taught school in and around New York City until she was forced to retire at age 60. Not ready to quit work, she landed a job in the Newark, New Jersey, Free Public Library. This library was headed by one of the most innovative librarians in the country, John Cotton Dana, who began his career in Denver where he organized programs that extended beyond book lending. Dana viewed the library as an arm in educating the public to community needs, displayed works of art to enhance the reading rooms and organized the first children's room in the library facility.

In 1917, Julia contracted pneumonia. Fearful that she would not survive another winter in New York, she came to Colorado to say “Good-bye” to her family. Her brother, Father Charles Winfred Douglas, and his wife, Josepha, had a summer home in Evergreen called Camp Neosho (now Hiwan Museum). A sister, Helen Seamans, a widowed nurse, had been the nanny for the Douglas' son, Eric. After Eric no longer required a nanny, Seamans remained in Colorado and subsequently welcomed Julia as her house quest. Julia was restored to health in the high, dry climate of Colorado, and soon began looking for a project to fill her time.

When Ms. Douglas discovered the schools in the Evergreen area offered only textbooks for the children to read, she contacted her friends in the Newark Library, asking for their discarded books, and soon opened

“When Ms. Douglas discovered the schools in the Evergreen area offered only textbooks for the children to read, she contacted her friends in the Newark Library, asking for their discarded books, and soon opened Evergreen's first public library in a storefront in Evergreen.”

Evergreen's first public library in a storefront in Evergreen. This early library building was located across Bear Creek from what is now the Highland Haven Creekside Inn. The library charged 25 cents a year for a library card, and 1 cent a day for borrowing books. With these funds, donations and an annual fundraiser, Julia was able to increase the collection from the original 600 donated books. Choosing new titles taxed her ingenuity in an attempt to meet the interests of the local rural community, the schoolchildren, and Evergreen's summer visitors. Additionally, the library was a source for teachers in the local schools who did not otherwise have local access to books.

Using her knowledge gained at the Newark Free Public Library, Julia snipped pictures from magazines, which she framed and lent along with her ever-growing collection of books. Inspired by librarian John Dana's implementation of a children's room, Julia established a story hour for the children and offered boxes of “busy work” for the young library patrons that included puzzles, games and blocks. Through the years, the regular summer visitors would bring dolls and other artifacts from their travels to librarian Julia, which she used to enhance her story hours. Much of this collection is currently housed at the Hiwan Museum.

The library quickly became a fixture in the Evergreen community and served as a focal point for various community activities, as there were no clubs in town. Evergreen's first library quickly outgrew its makeshift quarters, and in 1921 Father Douglas and

his wife built a stone library on the grounds of the Church of the Transfiguration that was modeled after the Children's Room at the Newark Library. A small log cottage was constructed, adjacent to the new library, that served as the residence for Julia and her sister.

The stone library and the cottage stand today on the hill above the commercial business, JP Total Lawn Maintenance. A display of Julia's doll collection, along with native art in the form of basketry and pottery that her brother and nephew acquired from the Native tribes of the Southwest, were a permanent display at Julia's library. A wall-sized photo of the interior of the early Evergreen library is displayed in the community room of the present Evergreen Library, offering a contrast in the scope of community needs in the Evergreen area from bygone days to the present.

After coming to Evergreen to what she thought was near the end of her life, Julia had another 20 years to run the library for her beloved community's children. During that time, she kept up a lively correspondence with her former colleagues at the Newark Library, as well as with many other librarians throughout the United States who knew of her and her library through her articles in library publications. When the American Library Association was to meet in Denver in 1934, Julia was determined, in spite of her 83 years and declining health, to have them visit her library. Hundreds came to the conference, and she greeted each one personally.

Julia Douglas died on September 29, 1935, and her obituary appeared in the *Library Journal* and many other national library publications. According to the Reference Librarian of the Denver Public Library, “Julia often said of the children that she wanted them to know that a library was a very pleasant place to be. Many who are not children will remember her as one who made that so.”

Though the future of the Evergreen Library looked dark after Julia's death, the public library managed to stay open with the help of dedicated volunteers. The Douglases set up a trust fund for the library, and with the help of Mrs. Jock Spence, whose husband had built the library, and the Sisters of St. Mary, who had a summer home in Evergreen, the library managed to remain open during the summer months. In 1942 Olive King, a member of a prominent local family, became librarian and was subsequently succeeded by Jane Kemble, who had known the library since she was a teenager. Kemble served as librarian from 1953 until 1969, when the library became a branch of the Jefferson County Public Library.

The stone building that housed Julia Douglas' Evergreen Public Library remains today and is owned by the Church of the Transfiguration in lower downtown Evergreen. In 1971, after being absorbed into the Jefferson County Library System, the new library was housed in what is now the building occupied by the Jefferson County Sheriff's Office Annex. The Evergreen Public Library we know today moved into its newly built facility in the early 1990s on the site of the former Evergreen High School at the junction of Highway 73 and Buffalo Park Road.

The Evergreen Mtn. Area Historical Society is your local history resource.
Visit jchscolorado.org



Evergreen Animal Protective League

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Have you heard of the **Evergreen Animal Protective League (EAPL)**? Let me introduce you... EAPL was established in April 1981, with a mission to save pets through rescue efforts, education on pet ownership (spay/neuter), and to help keep pets in their homes, if possible, by providing food and basic vet care.

EAPL rescues pets from shelters, humane societies, and other rescues where they have no hope of adoption (some due to lack of adopters or over-crowding). We say "YES, send them to EAPL." EAPL is a foster home-based rescue. We do not have a facility to house our dogs; they are all cared for in our volunteers' homes. We house, vet, and love them until we can find them their forever homes. Our adult cats are housed in a communal cat room located in Chow Down Pet Supplies at 1260 Bergen Parkway in Evergreen. Some of our kittens are housed in foster homes, but mainly at the Evergreen Cat Lodge in Evergreen.

For the year 2024, our theme is "It's Raining Cats and Dogs." It started in 2023 when the pets adopted during COVID-19 started being sent back to shelters across the country, overwhelming those shelters and exploding the once-managed ebb and flow of euthanizing. The balance that rescues could once maintain with the humane societies is "out of whack," and we are all struggling to gain ground and recover so we can get back to saving lives and not losing precious lives daily. It is a daily battle, BUT what does this challenge mean to us? It means some of our pets are with us longer as we have slower adoptions. We are growing our foster home base to save more pets; every precious life that we can save means the world to that one pet, looking for their second chance at love! When you are ready for your new fur-family member, check out your local rescues and adopt!

For information on adopting, visit EAPL's website: eapl.com.

Not ready to adopt, that's OK...come out and get to know the team at EAPL. As spring is peeking out of the snow, EAPL will be out in the community, hosting lots of family fun events. Come see us and get some fur snuggles! <https://eapl.com/events/>



I'm Just Sayin'...

Jeff Smith owner/publisher

There are many events in May. The two holidays we generally celebrate are Mother's Day and Memorial Day. Both are days set aside to recognize very important people in our lives. Both should be celebrated every day.

Moms can be the most influential people in our lives for most of our lives. They lay the groundwork for us as we become adults. For those who do not become responsible adults, you can usually look back and see the lack of a mom playing that role and a broken family environment. Thanks, Mom.

To all those over the decades who made the ultimate sacrifice to preserve our democracy and freedom, we should give thanks every single day. In spite of the problems we are facing today, we still have a better life than most in the world. We will survive the current problems and hopefully move on to become an even better country. We would never have that chance without the

sacrifices of our veteran men and women who lost their chance to live the American dream. Thanks to all those veterans and their families.

Summer is approaching, even though we have 60 degrees one day and snow flurries the next. That's just Colorado. You gotta love it. This summer let's be aware of all the visitors to our beautiful state and local communities who may not know how to drive in our mountains. Be courteous, be patient, but be careful. Let's welcome them to our world.

Iowa Hawkeyes - What a great season for the Iowa Hawkeyes women's basketball team! They got to the finals of the championship and met with a great UConn team.

They came in second but should be very proud of their season. Caitlin Clark, of course, had a good game and has now been drafted number one in the women's WNBA draft to the Indiana Fever. This has brought a lot of attention to the very low pay that professional women receive to play pro basketball. Hopefully that will change. She will make millions in endorsements, though. She earned it.

Avalanche - The Avs have started their playoff games against the Jets. They lost the first one in a 13-goal game by one point. GO AVS!

Nuggets - They won their first playoff game against the Lakers and have a good chance for a repeat championship. Jokic may be (should be) the MVP for the third year out of the last four.

Quackadilly says:

*"Once a mom, always a mom.
No matter how old your kids are."*



Congratulations to Penny Randell from all of us here at *Your Mountain Connection* for being chosen **Ambassador of the Year** at the annual Sparkle and Shine Awards Gala! Thank you for all you do; you truly are a gem in our community!



Remembering Jacquéline Beth Scott

Born a third-generation Coloradan in Denver on August 23, 1949, Jacqué spent very few of her younger years in the States. As the middle child and only daughter of Lt. Col. Clark Scott and Elberta (Michael) Scott, Jacqué grew up in locations around the world including Libya, Germany, and Saudi Arabia, where she held fond memories of her pet monkey. The family returned to the States in time for Jacqué to attend high school in Nebraska. After graduation in 1967 she attended Wayne State College until the family moved to Hawaii in 1968, whereupon she enrolled in the university of Hawaii. After graduating with a BA in Journalism, she began her news career in radio, working at Honolulu's ABC affiliate KITV and eventually becoming one of the nation's first anchor women on primetime TV. At KITV, she was also a documentary writer, producer, and assignment editor. It was in Hawaii that Jacqué was introduced to Jesse McKean on a blind date. After going to see "Dumbo" on the big screen, they began a 53-year relationship. Following nearly a decade on the islands, they picked up and

moved with their one-year-old son Jonah in the late 1970s to Conifer, Colorado. Here they purchased a small cabin in the woods, had their second son, Jonathan, and ingrained themselves into the community. Jacqué began a 40-year career as a reporter, editor, and publisher at local newspapers including the *Golden Transcript*, *High Timber Times*, and the *Canyon Courier*. She eventually became owner and publisher of *The Mountain Connection* (now *Your Mountain Connection*) and served a term as president of the Colorado Press Association. In her minimal free time, Jacqué enjoyed playing on a co-ed softball team, singing in the St. Laurence Episcopal choir, and rescuing priests from war-torn countries. Jacqué passed from Alzheimers in Littleton, Colorado, on March 26, 2024.

Jacquéline Beth Scott is survived by her husband, Warren Jesse McKean; sons Dr. Jonah Scott-McKean (Melissa Stasko) and Jonathan Scott-McKean (Elizabeth); grandsons Weylin and Saxon; great-grandson Killian; and brothers Lt. Col. (USAF Ret) Steven Scott and Dr. John Scott (Kelly Pool).

Donations can be made to: Saint Francis Center (<http://www.sfcdenver.org/donate/>) to support homeless men and women of Denver or Save the Children (<https://www.savethechildren.org/us/ways-to-help/ways-to-give>) to support the children of Gaza.

NEWS ON THE POSITIVE SIDE

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from the experts

— THE SASQUATCH OUTPOST —

The Sasquatch Chronicles

BY JIM MYERS

We are now into our second season with the **Sasquatch Outpost Podcast**, and we just filmed episode 58 this past Tuesday. Probably the biggest challenge for me as the podcast host is finding interesting and engaging guests each week. That task is made a little easier by the fact that we've gained a little "renown" in the podcast world, which means we have some name recognition. This past Tuesday I was thrilled to have as my guest Dr. Jeff Meldrum, who is a full professor of Anatomy and Anthropology at Idaho State University. He is one of just a handful of respected academics in the country (or the world, for that matter) who are willing to risk their professional reputations by going public with their conviction that Sasquatch is real. Jeff has set himself apart in the Bigfoot world as "the" go-to expert on all things related to Sasquatch footprints. He has a personal collection of hundreds of footprint casts from around the world, for many of which he has done the casting himself. During the interview I compared him to a bank teller who, by virtue of handling money day in and day out, can quickly identify counterfeit bills by how they feel. Dr. Meldrum has studied so many casts, photographs of footprints and actual, physical impressions in the ground that he can quickly identify a real Bigfoot track from a hoax, or a case of mistaken identity. For the skeptics among us who are probably thinking, "Give me a break. EVERY Sasquatch footprint is fake!" I submit the



Check out our *Sasquatch Outpost Podcast.*

following: There are certain physical characteristics that identify a track as being left by a Sasquatch, regardless of where the tracks were found. Size is one of them, as an adult Sasquatch track can be anywhere from 15 to 20 inches in length, and about half that in width. Second, there's no arch in the foot. Sasquatch feet are almost completely flat—a fact which would be lost on the average hoaxer. Third would be toe impressions, and the toes would be very long. Fourth, the mid-tarsal break—the ability that Sasquatch has to

bend his foot in the middle, thereby increasing his grip when climbing up steep inclines. And there you have it: Bigfoot tracking 101.

We will be heading off to Estes Park tomorrow—in the snow!—for the annual Estes Park Bigfoot Days event on Saturday. True to form, they're predicting cold and snow in Estes on Saturday. We generate so much business at that event that we're bringing six staff and volunteers to help us run our big booth. I will also be doing a podcast interview—per the request of the organizers of Bigfoot Days—with Ronnie Le Blanc from the TV show Expedition Bigfoot. Should be fun!

Hope you all have a wonderful day!

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

— EVERGREEN HEALTH INSURANCE —

Medicare Additional Offerings

BY ED REGALADO

There are a variety of ancillary (other) services available to Medicare recipients. The most common are dental, vision and hearing. These are not included in original Medicare but do come with most Advantage plans. If you selected to stay on original Medicare with a Supplement plan which covers roughly 20% of medical costs that Medicare doesn't, you will have to buy separate plans to receive this coverage just like having to buy a prescription drug plan.

If you select a Medicare Advantage plan, you probably have these, and other benefits not offered by original Medicare.

There are many other ancillary benefits not offered by either Medicare or most Advantage plans. Some of the most popular are short-term insurance, hospital insurance, cancer coverage and death benefits. In many cases these are just a form of term life insurance that would provide a cash payment based on the plan that you select.

There are too many options to mention in this article, so my goal is to do a quick overview of additional coverage that is available.

Personally, I have had cancer coverage for many years. It is very affordable, about \$20-30 per month. Recent statistics show that 50% of those who get cancer are over the age of 60.

Recently, a friend of mine required a total hip replacement. This surgery, which normally would cost \$30,000 to \$40,000, didn't cost her anything based on the Medicare Advantage plan she was on. I realized how fortunate she was to have that particular Medicare Advantage plan.



"There are ways to increase your protection."

In the past, I have been reluctant to mention additional insurance coverage to my clients whom I enrolled in a Supplement or Advantage plan. I now realize that it is my job to make people aware of additional protection available to them. They can decide if additional coverage is in their interest and fits into their budget.

Lastly, there is a product called "Final Expense," which allows someone to make their own funeral arrangements and prepay them. Personally, I don't care to think about my "final expense," but again,

this is not my decision. Each client should have the option of knowing that there is a product that would cover expenses when they are gone and not leave these decisions to their family members.

I have just mentioned the ancillary products that most folks are interested in and admit that in the past I haven't made my clients aware of these options unless they asked about them. I think it was because I felt uncomfortable "selling" more coverage; but now, based on recent experience, I believe I owe it to all my clients to make them aware that more protection is available at reasonable prices should they feel the need.

Medicare offers wonderful protection for those who have medical needs, but it doesn't always cover everything. There are ways to increase your protection. Ask me, and I would be happy to go over your options.

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



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— LOAN ZONE MORTGAGE —

7 Things to Consider

Divorcing Over 50

BY WANDA NORGE, MORTGAGE CONSULTANT

Divorce among older adults, those typically over 50 or 60 years old, is referred to as gray divorce. Separating at this time of your life can bring different aspects into play that younger adults may not need to worry about yet. Understanding your expenses is key. Issues with retirement planning, unintended tax consequences, and inheritance issues for adult children need to be considered.

1. If you were married for at least 10 years, you may be eligible to get money from your ex-spouse's **social security benefits**.

2. **Keeping the house** – Can you afford the maintenance expenses, taxes, home insurance, HOA dues, if it is only based on your income now? Getting the house instead of liquid assets or part of your ex's retirement funds may seem equal, but the house is more costly. Forgoing an income stream may be a big mistake.

3. Consider **tax implications** and complete cost of an asset – A 401(k) plan and a liquid savings account that currently have the same value are not necessarily equal. Traditional 401(k) plan funds will be taxed when withdrawn, where there is no tax when taking from liquid savings.

4. **Get a QDRO**, or Qualified Domestic Relation Order, when accessing your share of a soon-to-be ex-spouse's employer-offered 401(k) plan. This court order, if allowed by the plan, gives you access to funds without paying a 10 percent early-withdrawal



penalty. You will be taxed on it, though, if not rolling it over to an individual retirement account within 60 days.

5. **Health insurance** coverage costs need to be considered, especially if losing employer-sponsored plan coverage.

6. If you rely on spousal maintenance support income from your ex-spouse, loss of this income could leave you in a tough position.

Make sure there is a **life insurance** policy set up as part of the separation in case something happens to your ex-spouse.

7. **Reverse mortgages** can be a great answer for both parties, depending on how much equity is in the current home, actual ages, and current liens. It is possible that one spouse can remain in the home and the other can purchase a new property—both with no mortgage payments.

We look at the various options for divorce buyouts, selling, and purchasing for both parties as part of the divorce process. Know the options so that the appropriate verbiage can be used in the divorce-related paperwork before being finalized. Be sure to seek professional advice on the above items.

Ask me about the Divorce Advice Colorado (www.divorceadvicecolorado.com) in-person or virtual meeting on May 11th. It is a small group or individual interaction where you can get information from divorce coaches, mediators, real estate agents, and divorce lending professionals. Call to involve me early in the process!

Wanda Norge, Certified Mortgage Advisor (CMA), Certified Divorce Lending Professional (CDLP), Loan Zone Mortgage, LLC (NMLS: 1870102), 21 yrs exp, 26 yr Evergreen Resident, Phone: 303-419-6568, loans@wandanorge.com, www.wandanorge.com (NMLS: 280102).

from the **experts**

— BUFFALO PARK DENTISTRY —

What Causes Stained Teeth?

BY ALEX ROBERTS



“Not all stains are created equal, and the cause needs to be taken into consideration when selecting a whitening solution.”

There are no shortage of teeth whitening options; from laser whitening to at-home whitening kits and snap-on veneers, there have never been more ways to achieve a white smile! But, before you order a custom kit or head over to the drugstore for whitening strips, there's more you should know about teeth discoloration.

Not all stains are created equal, and the cause needs to be taken into consideration when selecting a whitening solution. Teeth stains fall into one of two categories: intrinsic or extrinsic stain.

An extrinsic tooth stain is one on the surface enamel or outside of the tooth. Although it's the hardest part of the tooth, enamel comes into contact with everything you consume. Over time, pigmented residue from food and beverages builds up and is absorbed by the enamel, creating a stain. While coffee and cola are common tooth-staining culprits, any food or beverage with dark tannins can result in tooth discoloration, including dark berries, fruit juices, and tomato-based sauces. Additionally, some starchy foods, like pasta and potatoes, can also create conditions that cause staining. Porous teeth and

thinning enamel can also increase the likelihood of extrinsic stains.

To help keep your smile white, consider using a straw when drinking potential stain-causing beverages. Rinsing your mouth with water after drinking will also help prevent stains by removing pigmented particles from the surface before they can be absorbed. The good news is that extrinsic stains are limited to enamel, making them the easiest to remove. Extrinsic stains can generally be treated using regular dental cleanings and various teeth whitening products, such as whitening toothpaste.

Intrinsic tooth stains occur when dentin, the sensitive layer underneath the enamel, becomes stained. Common causes of intrinsic tooth stains include fluoride, decay, medications, aging, and tooth trauma. Excess fluoride consumption during enamel

formation can create brownish staining or mottling. Tooth decay appears as a greyish-black color that usually begins where the tooth meets the gum or between teeth. Pulp necrosis (when the inner pulp dies) causes discoloration to the entire tooth. Antibiotics that contain tetracycline and doxycycline can discolor still-developing teeth in children (typically those under the age of eight). Additionally, some antihistamines, antipsychotic drugs, and antihypertensive medications are linked to teeth discoloration. As we age, the outer layer of enamel wears away, revealing the natural yellow color of the underlying dentin. Grinding and hard brushing can also cause the teeth to darken. Nerve damage is another factor that can cause teeth to darken or become discolored.

Since intrinsic stains exist on a deeper layer of the tooth, they are not as easily addressed as enamel stains and may require more extensive dental treatment such as intensive whitening solutions or ceramic veneers.

Age-related staining is the result of extrinsic and intrinsic staining. Your body changes as you get older, and your teeth are no exception.

It's also important to note that professional cleanings every six months can remove stains that daily brushing and flossing can't. These visits also allow your dentist to check for age-related dental problems like dry mouth, tooth decay, gum disease, and more.

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APRIL WINDS BRING MAY LEAKS

BY JAMES BROWN, VALORROOFANDSOLAR.COM

Quick! How fast are the winds of a Category One hurricane? Put your phone down. No need to Google it. A Category One hurricane has winds in the 75-to-90 MPH range. Fortunately, living in beautiful Colorado, we don't have to worry about hurricanes, but we do have to worry about overpowering winds and what they could do to our home.

According to Nolan Doesken, with the Colorado Climate Center at Colorado State University, strong winds are just "a part of life" if you live along the Front Range. "Rapidly descending air cascading over the crest of the Rockies and racing out to the plains" can generate a downslope windstorm. The National Severe Storms Laboratory said wind speeds exceeding 50 MPH are classified as "damaging winds."

How does this apply to your roof? All roof materials, whether shingles, cement tile, metal, or low-slope roof membranes, can be vulnerable to wind damage if the wind is strong enough. Valor Roof and Solar sees the most damage on asphalt-shingled roofs, especially three-tab and dimensional shingles.

When consumers are shopping for a new roof, there are a lot of different options. Depending on the product, manufacturer warranties can be anywhere from 20 to 50 years. The period coverage drops

significantly when you look at the fine print and the wind rating.

Three-tab shingles, which are flat, low-profile, less expensive shingles, usually only come with a 60-MPH wind rating that is only good for five years. Dimensional shingles, the standard 30-year or "lifetime" shingle you see around town, is a better product and often offers a 110 to 130 MPH wind rating, depending on how it is installed. These usually come with a 10-year wind rating.

Why is there a difference between the warranty time frames (5 or 10 years versus 20 to 50 years)? Shingle manufacturers know that the older your roof gets the more vulnerable it is to wind. The combination of the sun's UV rays, dust, rain, snow, extreme temperature changes, your roof's natural expansion and contraction as the house heats up and cools down every day, plus powerful wind gusts can all impact a shingle's performance and weaken its resistance over time. That is why if you look at enough roofs, like I do, you always seem to see missing shingles.

Everyone jokes that if you don't like the weather in Colorado, just wait a few minutes and it will change. It certainly feels



“All roof materials can be vulnerable to wind damage if the wind is strong enough.”

like that some days! Major windstorms can occur all year round. What can you do about potential wind damage, since it is only a matter of time before damaging winds try ripping your roof off?

I'm glad you asked! GAF, the leading roof manufacturer in the U.S., has addressed this issue with a new product. GAF already made the #1 shingle in America, and they made it better with their HDZ shingle. What makes it so special? GAF's new shingle is designed with their LayerLock™ technology. Combine this HDZ shingle with a GAF roof system, and it offers the roof industry's first wind warranty with an INFINITE wind speed coverage.

That's right. I said infinite, as in no limit. Imagine having your new roof on and hearing the wind roaring by but you know your roof is strong enough to handle it. We call that peace of mind.

I don't want to be too much of a tease, but you can only get one of these GAF roof systems, with the infinite wind warranty, if it is installed by a GAF Master Elite roof contractor like Valor Roof and Solar.

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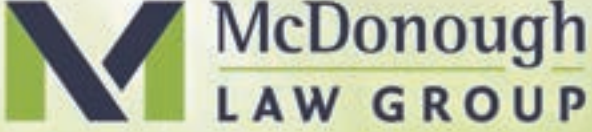


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Cover Artist Susan Wechsler

“My true calling is to empower women through art by creating safe, meditative spaces to learn. And by reframing the traditionally feminine, decorative arts to be included in fine arts. Mosaics is a gift that I am able to give to everyone.”

I love my job and I work hard at it. Every day I wake up and can't wait to go to my studio and be creative. Not all the work I do I enjoy, like the paperwork, filling my workshops, registering students, collecting money...But my life path was an easy decision for me. I entered art contests since I was in grade school and always won! In the 60s I won a television; back then not every household had one, but I had my own in my

bedroom! I feel fortunate that I never gave up on what truly made me happy and made me who I am. Art is a journey like life. There is no beginning or end for me, it is just who I am and what I do!

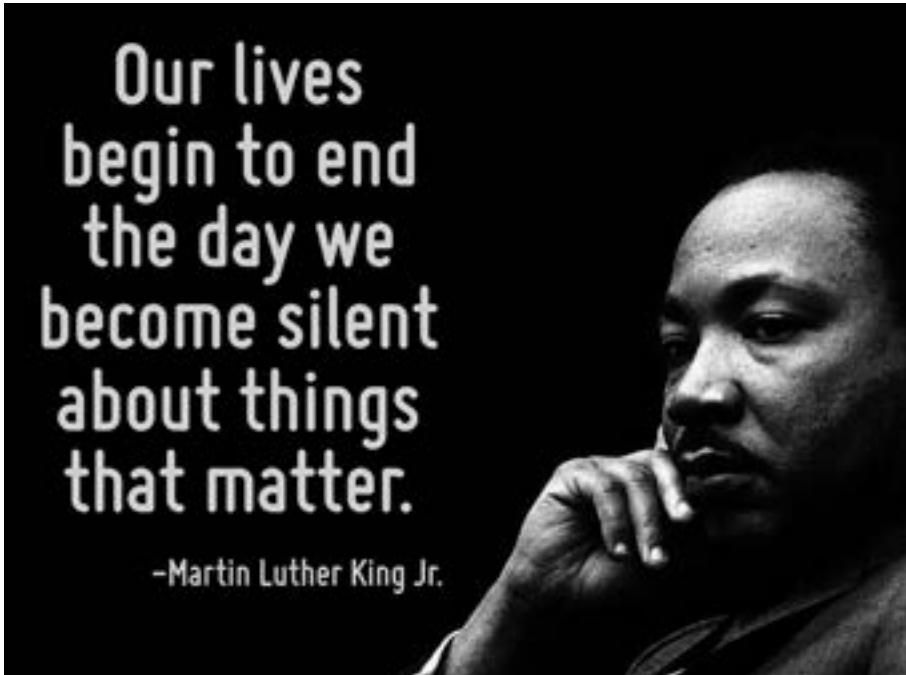
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How We Communicate

BY LISA PLUMMER SMITH



Spring is here to enjoy with all of your senses: hearing the birds chirp, seeing the land awake in color, the scent of earth drifting up as you feel the wind, sun and rain on your skin. All these tiny details change daily, and the baby animals will be visible soon. The energy of growth and beginning anew brings a feeling of hope that I try to savor each day. Having hope is such a positive force for good in our lives; by simply standing up for others, we can give them hope.

With new beginnings in mind, I ask you to think about your voice and the power it holds. Have you ever experienced a moment when you observed or witnessed an event but were afraid to speak up or get involved? How did you feel afterwards, what did you

feel in that moment, and would you do anything different if you had the chance to do it over? Have you ever allowed yourself to simply utter the words that you think someone wants to hear, rather than expressing your true feelings, just to keep the peace? We must examine our beliefs, seek knowledge and not be afraid to speak our truths for fear of consequences.

I firmly believe that how you say something is just as important as what you say. Use appropriate tone, volume and body language to support your message. If you deliver your message with a raised voice, abrasive tone, and excited body language, the recipient is put immediately on the defense and cannot effectively listen to your message. By not filtering your delivery

you are minimizing your communication. To communicate with anger and threats is manipulation. By objectively observing the communication styles of others, you gather clues which may give insight as to what their true intent is.

Some will simply respond to this with "this is who I am." They may not have done the work to process their trauma and need more personal growth to develop the skills to thrive emotionally. The ability to adapt to change, to cope, to accept uncertainty, to accept opinions and beliefs that are different than ours while reexamining our own long-held beliefs when faced with conflicting or new information is crucial. Many exchanges occur in written form via text or email; be conscious of how a communication could be received. Without the non-verbal cues you gather in face-to-face communication, these messages can often lack the additional context we need to see the true intent.

If you take the time to communicate calmly and in neutral tones, your message will be more effective. Take a moment to think about people you deal with or see on a regular basis; how do they communicate? What subliminal messages are they sending as they write or speak? How do they make you feel? Often we forget what people say to us, but we remember how they made us feel. Having tolerance for other opinions and life choices is basic humanity. Our ability to be true to ourselves while communicating courteously and effectively with a person, whether we agree with them or not, lies at the core of our ability to thrive.

When I was a child my single father had a temper. My older sister would console me and tell me that the only power I had was in controlling my reaction to him. At the time I didn't like hearing this, but learning this

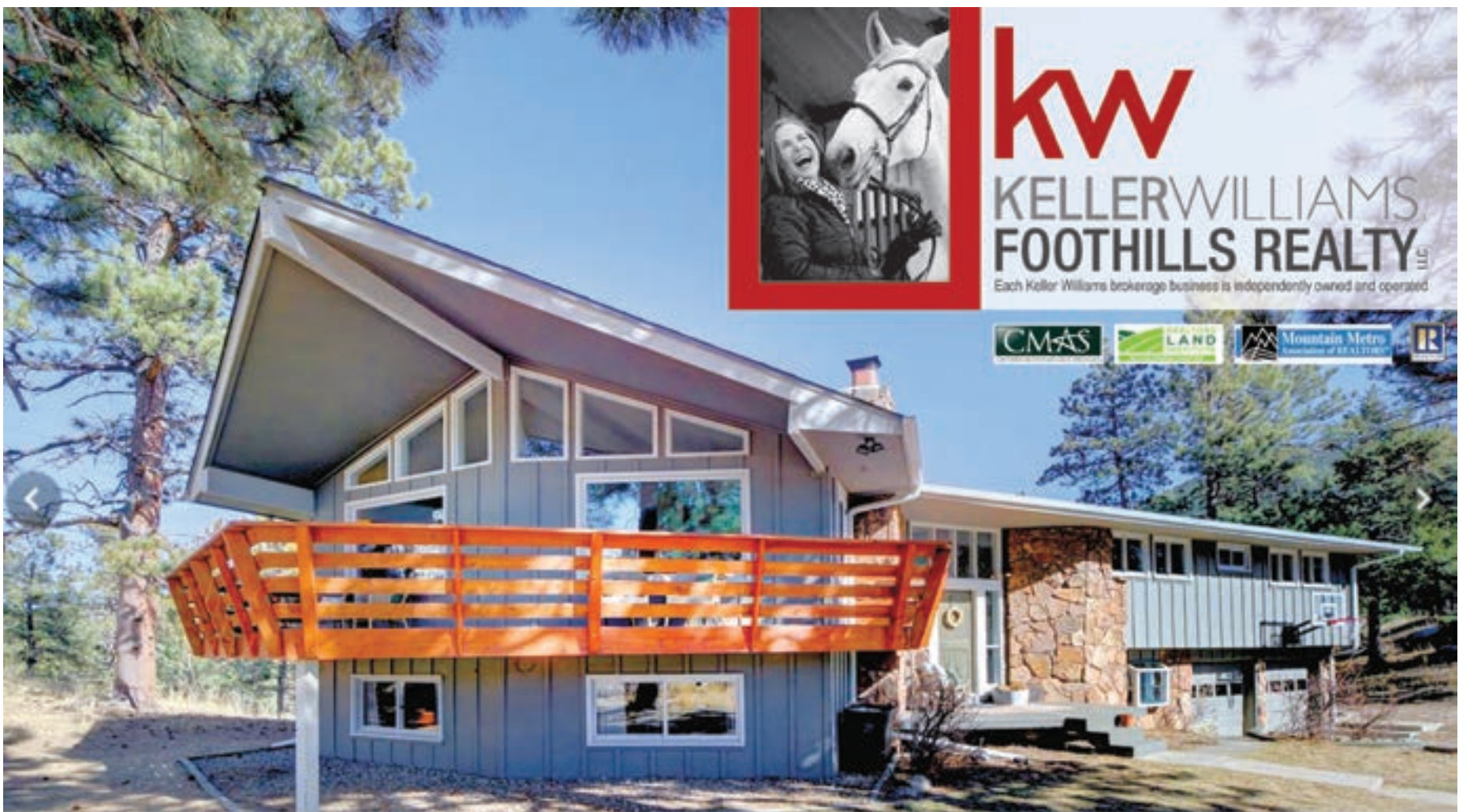
at a fairly young age gave me more control over the emotions I experienced and a tool to deal with adversity and confrontation.

Please practice/teach positive coping skills and that it is okay to fail - what matters most is that you keep trying. Sitting with uncomfortable feelings teaches us how to process them. Our ability to redeem and reinvent ourselves is key for personal happiness.

The tense political climate we currently face has many people concerned for the future of our country. I urge you to do your research when forming your opinions. The time to stand up for your beliefs is now. If we can make the conscious choice to do this, again and again, and replace old habits with new ones, perhaps we can make a difference.



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A Skeptic’s View

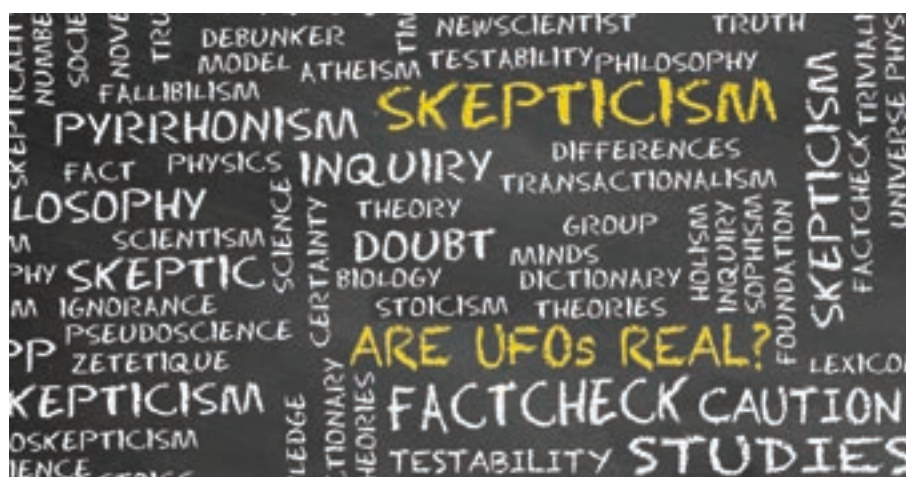
Unidentified Anomalous Phenomena

BY GARY LOFFLER

In February of 2024 the Department of Defense released a summary of their findings on their study of government involvements with Unidentified Anomalous Phenomena (UAP), which is the new term for Unidentified Flying Objects (UFO).

There has long been speculation that there are secret government agencies that are researching alien spaceships, space aliens and/or their artifacts. It has also been a popular storyline for books, movies and TV shows since the 1940s, maybe even earlier. Some of these read like updates to fantasy stories such as King Arthur and Excalibur, where the authors simply change out an enchanted sword for a raygun. Frederick Pohl’s *Gateway* series envisioned an intergalactic transport system left by an advanced alien culture, though, unfortunately, they did not leave operating instructions. The X-Files was neither the first nor last TV show based on government cover-up of UFOs.

It is important to note that both NASA and the DOD have been studying UAPs. This quote from the DOD reports explains why. “Since 1945, the USG (United States Government) has funded and supported UAP investigations with the goal of determining whether UAP represented a flight safety risk, technological leaps by competitor nations, or evidence of off-world technology under intelligent control.” Note that these are the reasons UAPs are studied, they are not the findings. The Cold War was just getting started in 1945 at the same time that massive advancements were being made in



“Extraordinary claims require extraordinary evidence.”

—Carl Sagan

air flight technologies. Jet planes and rockets were developing at a fantastic rate, so it is a safe bet that the government was far more interested in “technological leaps by competitor nations” than the “off-world technology.” Most sightings can be attributed to natural causes or just equipment limitations and defects. They are investigated to help ensure the safety and accuracy of the equipment used by all aircraft.

NASA released their own study on UAPs in 2023, which detailed how hard it is to positively explain what some UAPs are. Usually the low quality of the evidence is the limiting factor. Typically this low-quality evidence is visual sightings, low-res images, or bad video. The study goes on to describe the tools that could help understand UAPs better, such as NEXRAD and Synthetic Aperture Radar (SAR). They note that most images and recordings of UAPs are done on instruments not designed for

measuring or detecting objects, and the greatest portion of UAP sightings can be attributed to known phenomena or occurrences. The study is largely a recommendation to use the various tools available to the government to better search for UAPs. For example, it is not unusual to have cell phones capture videos of lights streaking across the sky. Looking at the videos, it is obvious that something burned up upon entering Earth’s atmosphere, but it is not obvious what it was. A cell phone camera does not have the capability to get the information needed to figure out what the object was. Radar would give more info, as would a spectral analysis. Without the right tool for the job, it is difficult to determine exactly what the object was.

The possibility of off-world technology being involved in UAPs cannot be entirely ruled out, but it is very unlikely. Consider what the odds are that a spacecraft entered

our solar system and evaded detection by hundreds of land and space-based telescopes and got missed by every weather and navigation radar system, only to be photographed by some guy with a Kodak. Again, the odds are greater than zero but surely not enough to base a massive government conspiracy theory on. And yet, conspiracy theories abound. A web search at the moment for “are UAPs real” brings up mostly references to the new DOD report by various news groups. Adding “center for UFO studies” brings up sites that promote the notion that the government is hiding off-world technology. Adding “Kona Blue” to the search drops you right into conspiracyville. The DOD study reviews some of the claims made by these groups and finds them to be inaccurate or outright fabrications. Compounding the credibility of UFOologists is that most of them tend to point towards crop circles, cattle mutilation and alien abductions stories as proof of off-world visitations.

Carl Sagan is often credited with the quote, “Extraordinary claims require extraordinary evidence.” He is only one of a long line of skeptics voicing something similar. Conspiracy theories and grandiose assertions should need to have pretty strong proof in order to be believed. Sadly, this does not seem to be the case. Conspiracy theories abound, and while many of the people who promote (and in some cases profit from) these conspiracies make extraordinary claims, they typically lack extraordinary proof. On a professional level, anyone who asks a journal or newspaper to print an article based on a conspiracy paper should be asked to submit proof. On a personal level, it is often best just to nod your head and try to change the subject when someone starts a conversation with “UFOs are real.”



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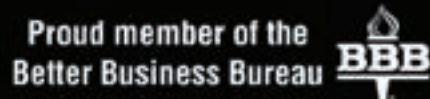
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“The name aardvark in the language of Afrikaans means ‘earth pig’ or ‘ground pig’ due to its pig-like face and burrowing habits.”



Juba Checks Out the Aardvark

BY PENNY RANDELL

In that my human travels to the African continent often, I, Juba, thought we should consider a mammal that is native to that land. Besides, the last time she returned, she brought me a toy stuffed aardvark. That elicited a great deal of curiosity on my part.



The aardvark, scientifically known as *Orycteropus afer*, is a medium-sized, burrowing, nocturnal critter that is very successful in its African domain. Although other prehistoric species and genera are known, this one is the only living member of the order Tubulidentata. The aardvark is an insectivore that resembles a pig, with a long snout that is used to capture food.

The aardvark is relatively common and can be found on the southern two-thirds of the African continent, staying far from rocky terrain. Feeding only at night, it makes a meal out of termites and ants while digging with sharp claws and powerful legs. During this displacement of terrain, they create large burrows that offer rest and a place to rear their young. The burrows are usually 2–3 meters long, but some have been found of up to 13 meters. Their burrow-digging capabilities are attributed to tissue called compacted coarse cancellous bone (CCCB). The stress and strain resistance provided by the CCCB allows creation of the burrow. Inside the burrows one would discover sleeping chambers. Nonetheless, these busy critters are constantly digging

new land, which then offers up the old burrows for various opportunists, such as the African wild dog. In addition, this species also belongs to a superorder of mammals called afrotheres, which also includes elephant shrews, tenrecs, and golden moles. Even though the aardvark resembles an anteater, they are not closely related.

It's rare to come across an aardvark, but let's take a closer look of this powerful mammal just in case. First of all, the name aardvark in the language of Afrikaans means “earth pig” or “ground pig” due to its pig-like face and burrowing habits. They have weighed in around 145 pounds and measure up to 7.2 feet in length. The tail is usually 28 inches long and seriously heavy. The face is narrow with an elongated snout, very reduced eyes, and ears up to 10 inches long. Their coat is very scant and yellowish-gray, and the face and tail tip are white. There is hair around the nostrils, which is useful to filter particulate matter out of its digs. They have four toes on the front feet and five on the back. The rear feet are equipped with flattened nail-like “hooves” that resemble spades, which allows it to be an awesome digger.

But, most of all, let's look at that massive head, which is greatly elongated and sits atop a short, thick neck. At the end of the snout there is a disc, which houses their large nostrils. From there you will find features only seen in an aardvark, such as their unique teeth. First, they do not have a pulp cavity, that is the connective tissue, nerves, blood vessels and what is known as odontoblasts, which comprise the innermost portion of a typical tooth. Instead, each tooth has a cluster of thin, hexagonal, upright, parallel tubes of modified dentine with individual pulp canals. The number of columns is dependent on the size of the tooth. There is no enamel coating over any teeth; therefore they are continuously worn away and replaced by new ones. However, this guy is born with conventional incisors and canines

at the front of their jaw, which fall out and aren't replaced. Because of this, adult aardvarks only have cheek teeth at the rear of their jaw. Their nasal area is also unique, with ten hairy nasal turbinates that protrude into breathing passages.

Now, more about their home. Aardvarks can be found in sub-Saharan Africa where there is plenty of grassland, woodland and bush. Naturally, their main concern is food, meaning ants and termites, which are plentiful. Most of the daylight hours are spent in dark burrows where they can avoid the African heat. Should they come across a swamp forest they will continue to wander, because the water precludes digging to a sufficient depth. They can certainly climb and have been found at 10,500 feet. They travel all the way to South Africa, not entering Namibia, Ivory Coast, or Ghana.

The aardvark can live up to 23 years in captivity. The only fruit eaten is called the “aardvark cucumber,” which leads to a symbiotic relationship. This subterranean fruit is eaten and then the seeds are defecated near their burrow, growing rapidly because of loose soil and the fertile nature of the area. Time spent in the animal's intestine helps the fertility of the seed, and the fruit provides needed moisture for the aardvark. Enemies have a hard time catching this critter, as they can dig extremely fast. Due to their highly selective diet, they demand a large range to survive. If searching for this fascinating critter, start in the late afternoon, or shortly after sunset. Its home range has a radius of anywhere from 6 to 19 miles. If seen, you will notice the aardvark keeping its ears upright and pointed and its nose fixed to the ground. Both smell and hearing are used in the hunt for food.

These critters get together only for mating. Gestation lasts seven months, producing one cub sometime during May through July. Each baby weighs in around 4.2 pounds and is born with flaccid ears and many wrinkles. When nursing, it will suck off of each teat in succession. After two weeks the baby will lose all those wrinkles, and their ears stand upright after three weeks. After five to six weeks they begin to produce body hair. These offspring will begin following the mom after two weeks and eat termites at

nine weeks. They are weaned between three months and 16 weeks. This baby will begin digging its own burrow by six months of age, although many remain with their mother until the next breeding season. At two years of age they become sexually mature.

Because the aardvark is not easily seen, they were once believed to have declining numbers. Although there are no definitive numbers due to their nocturnal and secretive nature, their numbers appear to be stable overall because of their extensive range. Southern African numbers are relatively stable, but there has been a decrease in numbers in the east, north and west. The International Union for Conservation of Nature (IUCN) has evaluated aardvark success as healthy and of least concern. Because they are plentiful in the wild, they do not qualify as threatened or even near threatened.

In the wild, aardvarks use their excellent hearing to escape lions, leopards, cheetahs, African wild dogs, hyenas and pythons. Some humans hunt them for meat, but that takes considerable effort. Besides digging at an accelerated pace, they can run in a zigzag fashion to elude all hunters. However, if this doesn't work, they will strike with their claws, tail, and shoulders, even flipping over on their back and lying motionless, except to attack with all four feet. They are powerful and capable of causing substantial damage to anything or anyone after them. But their rapid digging remains first and foremost in self-preservation. Even if they are near water they can escape, for they are excellent swimmers. When exiting the burrow at night, they almost always pause at the entrance for about ten minutes, sniffing and listening to their surroundings.

No doubt you have all been entertained by such information. It should be known that this incredible creature is greatly admired for its diligent quest for food and its fearless response to their favorite meal, soldier ants. Hopefully, you too will become impressed at their resilience and success. So, think about it and wait for next month when I take on another interesting species. In the meantime, HAPPY SPRING!



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“With dog ownership comes the responsibility to always pick up after your dog, whether you are home or out and about. 70 million dogs in the U.S. produce over 10 million tons of poop each year!”

Dogs, Dogs, Dogs

Scoop the Poop!

BY CATHY KOWALSKI

Earth Day is April 22, and what better time for us to talk about caring for our planet by disposing of dog waste properly.

Three quarters of a pound of waste per day is estimated per dog. Disposing of it is a dirty job, but someone's got to do it! Some people believe that because it's in their yard it will eventually disappear; or maybe their dog is small, so what's the big deal; or it's just too much work, and therefore there is no need to take care of it. With dog ownership comes the responsibility to always pick up after your dog, whether you are home or out and about. 70 million dogs in the U.S. produce over 10 million tons of poop each year!

Dog feces contain microorganisms that are both pathogenic to humans and resistant to several antibiotics, resulting in diseases transmitted to humans. Keep that in mind as you are gardening, walking barefoot or playing on grass where dogs relieve themselves. Small children like to play in the grass, or the dirt, and their fingers usually end up in their mouths!

According to the Environmental Protection Agency, dog waste is classified as a pollutant in the same category as oil spills, herbicides, and insecticides, because the nutrients and pathogens leach into soil and water. The nitrogen in the waste causes excessive algae and weed growth. Disease-causing worms, bacteria, and viruses leak

into the water supply when the snow melts or it rains—directly or through storm drains. The CDC (US Center for Disease Control and Prevention) confirms that pet waste can spread parasites including salmonella, tapeworms, roundworms, and hookworms. Some parasites take days to weeks to reach the infectious stage; therefore it is more hazardous, the longer it sits. E.coli and Giardia can live in the intestines of a dog and will be present in their waste. Parvovirus is highly contagious and capable of surviving in the environment for up to two years. Symptoms are vomiting, lethargy, loss of appetite, and fever, and it is a potentially life-threatening illness that can affect puppies that have not had all their shots. That's the reason it's recommended that your puppy does not walk on grass or areas where other dogs have eliminated, and that you carry your puppy when you go to the vet's office until your puppy has all their shots.

Dog waste is not a fertilizer and should not be composted; it contains up to two and a half times more nitrogen than cows' waste and will kill grass, taking up to a year to naturally decompose.

Wear gloves when gardening or working outdoors, and wash your hands thoroughly after scooping your dog's poop.

When should you scoop the poop? Immediately in your yard, in the woods or even remote locations, in the snow, no matter the size of your dog—SCOOP THE POOP! If you are on a hike, always have plastic bags available and clean up after your dog—don't leave it by the side of the trail and think you'll pick it up later—either you won't remember or you will be unable to find it. Carry it with you until you find a trash receptacle. It's quite easy—always carry a plastic bag, pick it up immediately, and place it in a trash container. There are bags you can get that attach right to your leash. Many parks offer courtesy bags and disposal boxes. Make sure your dog does not do their business within 200 feet of water.

Animal waste may seem like a small source of pollution, but it can add up to a big problem for water quality and human health.



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

www.faithfullyk9.com.



MOTHER'S DAY

BY ANNE VICKSTROM

“In 2023, Americans spent \$35.7 billion on Mother's Day, which is the highest amount ever recorded.”

“What I do want is more of what makes me happy to be their mother: time with my children.”



As I sat down to write about this month's *Your Mountain Connection* theme on Mother's Day, I found myself in a quagmire of serious writer's block. I looked back at past pieces I've written, not wanting to repeat myself, tried to take stabs at unusual approaches to this “Hallmark holiday,” and found myself far closer to the deadline than I prefer.

Needing inspiration, I turned to the internet and entered “How much is spent for Mother's Day annually?” Suddenly I had something to say! This is what popped up: “In 2023, Americans spent \$35.7 billion on Mother's Day, which is the highest amount ever recorded. This is a 12.6% increase from 2022, and the second-largest annual increase in over a decade. Consumers are also expected to spend \$274.02 per person on average, which is the highest in the survey's history.”

Trying to put such a number in perspective, I looked up the 2023 budget for the state of Colorado which, get this, was \$38.1 billion. I am shocked to find that the flowers, cards, and gifts for a one-day celebration across our country could keep our state going for nearly an entire year.

Maybe I'm missing something, but as a mother of three incredible people, I don't want any flowers, cards, or gifts. What I do want is more of what makes me happy to be their mother: time with my children.

My kids know that instead of loading up one day a year with flowers that wilt, cards that will be tossed, and gifts that get in the

way, I would prefer throughout the year if they call just to say “Hi.” I love it when they spend a day on the slopes or take a hike with me. They know what I especially love is when they call to let me know what's going on in their lives, and when they make time to gather throughout the year to celebrate all the special family times. There's nothing better than when they show up just in time for dinner, or text me a quick thought they know will bring a smile. Perhaps the greatest gift is a call after I text, “Can you chat?” I love it when I find I have an extra bit of time in my day and on the spur of the moment call to invite them to lunch, and they accept.

For me, time with my kids is worth so much more than that \$35.7 billion; it's priceless.

Happy Mother's Day!

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

COOKING CLASSES WITH...



Big Treat...PICANHA!

BY TOM BECKER

As a member of the Rotary Club of Conifer, it has been our pleasure to have been hosting an exchange student from Curitiba, Brazil, the capitol of Parana in southern Brazil. Julia recently had her 18th birthday with us and, doing some research and study, we created a Brazilian-based dinner for her and her friends. OK, for us as well! We feasted on pao de queijo, a Brazilian cheese bread; black beans and rice; grilled vegetables; Brazilian-styled chimichurri; picanha (pronounced pee-kawn-yuh); brigadeiro, an amazing chocolate truffle; and more. For the adults we produced the Brazilian national drink, the caipirinha (pronounced kai-pee-reen-ya), made from cachaca (pronounced kah-shah-sah, it's a sugarcane hard liquor), sugar, and lime. It was a terrific day of food. The picanha was my offering. Having never prepared this cut, I have discovered what may be my new steak of choice.

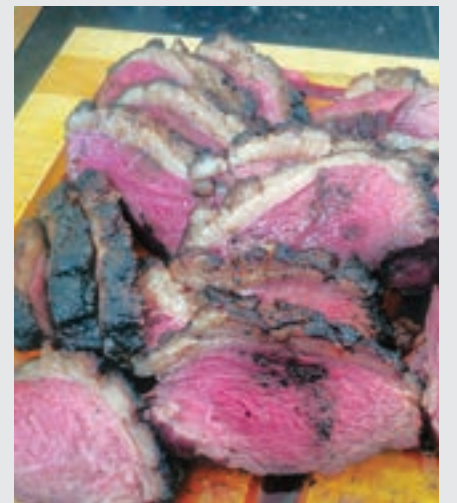
First, what is picanha, and what part of the steer does it come from? This delicious cut of meat comes from the upper rear of the animal and is the muscle located just above the tail at the top of the rump or loin primal, and is in a triangular shape, which you'll notice when you buy it. Sirloin can be a less tender cut, but this sirloin rump cap is a tender, buttery cut which delivers a truly beefy steak. I've not seen it in our local groceries, so I decided to reach out to local butchers down the hill and found that it could be readily available. I found it at The Gourmet Butcher Shop, and we spent some quality time discussing different ways of preparation. This cut is featured in Brazilian BBQs as a picanha BBQ and is simply cut, folded, skewered and cooked over a grill. As Jim and I discussed this, and other ways of

preparing it, Jim asked me if I had a smoker. He suggested that it could be a very good way of producing something special. Although he had never smoked a picanha, we talked of technique and temperatures and whether to cut it into steaks or cook it whole. Perhaps a short smoke followed by a roast and a reverse sear was the way to go. But I opted for a slow smoke to 120 degrees. It was then wrapped with foil, and after making the short drive to the party, I slapped it on a high grill and did a quick sear of the fat cap. It was spectacular!

I'll walk you through this preparation and cook, but let me remind you, if you have a pellet grill, i.e., Traeger, Pit Boss, Camp Chef, etc., you can use these basic techniques for any cut of beef, lamb, pork, or whatever. I just participated in the Foothills Home and Garden Show where I had numerous conversations with people who had pellet grills but did not understand how they worked or could be used. As I've written before, I treat my Traeger as my oven, except it has a smoking potential. When I put a protein on my Traeger, my first responsibility is to understand the desired finished temperature of the meat. Next is the cooking temperature to secure the quality of the cook. Along with the meat preparation before you cook, the job is basically done.



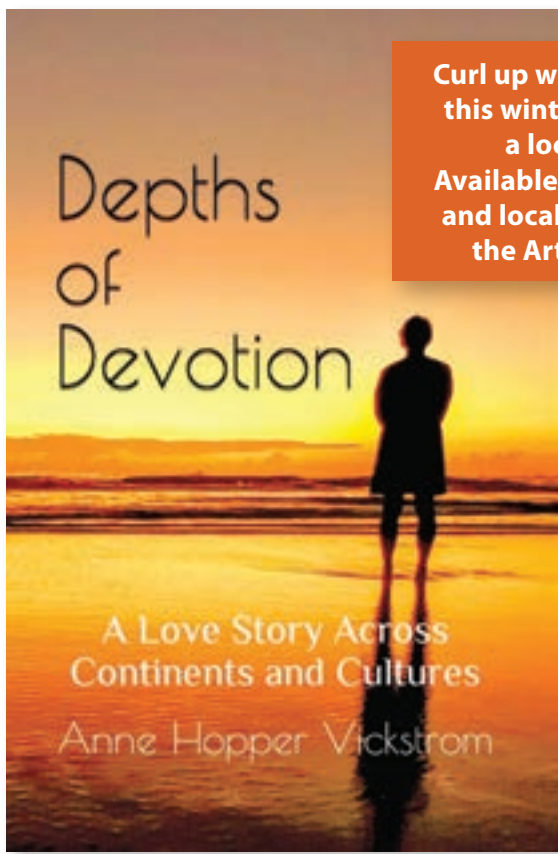
We offer hands-on cooking classes in our Conifer kitchen. Visit our website www.castlesandkitchens.com or contact Francesca or Tom at castlesandkitchens@gmail.com.



PICANHA

The picanha is purchased in a roast form with a good fat cap. When cooked and finished with a sear it is delicious, so I suggest not removing the cap. The roast will be about a 4-pound cut. Start your prep by drying the meat with paper towels and cutting a 1" diamond pattern into the fat cap. Try not to cut into the meat. Season the fat cap with a flaky sea salt, I use Maldon's, and coarse ground pepper. Drizzle with olive oil and rub it in, making sure to get the mix into the diamond cut. Turn the beef over and continue flavoring with the salt, pepper and olive oil. Lightly wrap the beef with parchment paper, place in a non-reflective covered container and refrigerate 6 - 12 hours. Remove from the refrigerator to reach room temperature, about an hour. When ready to cook,

set your smoker/grill to 225 using a hearty wood pellet. I used mesquite. When ready, place the meat, fat cap up, directly on the grill with your temperature probe inserted in the thickest part of the roast. You're looking for a temperature of 120 degrees. When reached, remove the roast and wrap with foil. You have a couple of choices here. Place a sheet tray or large cast iron in the grill and increase the heat to high. When the temperature is reached, remove the foil and place the meat on the tray, with the probe inserted and fat side down to get a sear. Or, if you have a gas grill, set it on high and when it is hot, place the picanha directly on the grates and sear the fat cap. Regardless, remove the meat from the grill at 130 degrees, rewrap and let sit for 10 minutes. Slice into steaks and enjoy!



Curl up with a good book this winter and support a local author! Available at amazon.com and locally at Center for the Arts Evergreen.

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

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

Local to Judge Westminster Kennel Club Dog Show



Joyce Vanek and her Portuguese water dogs

Joyce Vanek, of Evergreen, was introduced to the world of dog shows with her mother's American cocker spaniels in St. Louis, Missouri. Her father worked for the St. Louis Cardinals and New York Mets baseball organizations. His territory was New York and Pennsylvania, where Joyce attended her first American Kennel Club dog show near Philadelphia in the 60s. During high school and college she owned/showed/trailed Tennessee walking horses, thoroughbreds, and miniature schnauzers.

Joyce moved to Colorado in 1975, where met her husband, Dr. Steve Nielsen. Steve gave Joyce her dream dog, a wonderful old English sheepdog (OES) puppy as an engagement gift (the diamond ring, too). With her OES she competed first in obedience trials, then conformation and herding, eventually achieving many championships, grand championships, group winners, and performance titles. In 1979 a fabulous Portuguese water dog (PWD) strutted into their lives, followed by many more.

Joyce is now the preservation breeder/owner/handler of Best in Show and Number One ranked multi-titled (in conformation, water, herding, agility, obedience, FastCAT and therapy) Timbermist PWDs and OESs. She is approved to judge Best in Show, Herding, Working, Sporting, Non-Sporting

breeds, and miniature schnauzers, as well as Hunt Tests for beagles, bassets, and dachshunds. Joyce has judged in all 50 states and internationally in Australia, South America, Asia, and Europe. She has judged for the National Dog Show (Thanksgiving Day), Westminster, Morris & Essex, Woofstock, and many specific-breed specialties.

Joyce lives in the beautiful mountains of Colorado with her PWD, Harper, and Best in Show parrot, Calypso. When not involved in the world of canines, Joyce is a dental healthcare provider/consultant and certified sommelier. She has been on the dental surgery team at the Denver Zoo (working on, yes, lions and tigers and bears, oh my, and gorillas, too!). She enjoys mountain climbing (including four of the Seven Summits), biking, horseback riding, and kayaking. Other interests include wildlife/landscape photography, sculpture, outdoor rock concerts, and wine/vineyards.

The Westminster Kennel Club Dog Show, held outside New York City, was established in 1877 and is America's second-longest continuously held sporting event, after the Kentucky Derby. The show has been televised since 1948. The Club's mission, which enhances the lives of ALL dogs, celebrates the companionship of dogs and promotes responsible dog ownership and breed preservation. WKC is the "Super Bowl" of dog shows, now featuring over 3,000 top dogs from around the world competing in Conformation, Masters Agility, Masters Obedience, Junior Showmanship, and Dock Diving.

Funds raised by the event go to veterinary and animal health scholarship, canine health research, and the Purple Leash Project.

The Westminster Kennel Club show will be televised on May 13 and 14, 2024, on FOX.

Evergreen Chamber Ribbon Cuttings and News



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 EverBean By The Lake is a coffee shop located in Lakepoint Center. We serve espresso drinks, breakfast, lunch, soup, and ice cream. We also have fun snacks, merchandise, an outdoor patio and FREE Wi-Fi.

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4th of July is BACK!

There has been a void in our community for the past few years on July 4. Many of us run or walk the Mount Evans Freedom Run and then we go home! That is changing this year. Stay tuned for more details to come, but do not make plans to go out of town this year. Old-fashioned, family fun will be had right here in Evergreen!
Visit EvergreenChamber.org for details

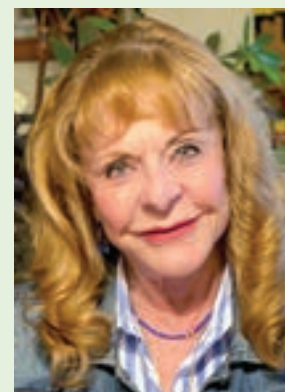


Simply the Best... BY NANCY JUDGE

Each year the Evergreen Chamber of Commerce celebrates small businesses in our community at our annual awards gala called Sparkle and Shine in partnership with our title sponsors: 1st Colorado Roofing and the Caldwell Insurance Agency, an American Family Insurance agency. This year was no different, and we would love to share with you the nominees and the awardees of each category.



- NONPROFIT OF THE YEAR NOMINEES:**
 Women of Evergreen Businesses (WEB), Leadership Evergreen, Life's Options, and the awardee was the Evergreen Audubon & Nature Center.
- YOUNG PROFESSIONAL OF THE YEAR NOMINEES:**
 Corynn Kline of Swim4Life, Marc Cimmino of UBS, Rachel Ball of The Colorado Creamery, and the awardee was Tara Singapuri of Guided Goat Hikes.
- NEW BUSINESS OF THE YEAR NOMINEES:**
 Crafty Chassis, The GUHT Program, McDonough Law Group, and the awardee was Wild Rabbit Boutique.
- PEOPLE'S CHOICE OF THE YEAR NOMINEES:**
 Evergreen Orthodontic Specialists, Michele Vanags State Farm Agency, TallGrass Aveda Spa & Salon, and the awardee was Chow Down.
- BUSINESS OF THE YEAR NOMINEES:**
 1st Colorado Roofing, Aspen Park Vet Hospital, Daddy's Homemade, and the awardee was Alpen Way Chalet.



AMBASSADOR OF THE YEAR:
 The final category of Ambassador of the Year is specific to the Chamber, as this person volunteers for the Chamber to welcome new members. Penny Randell was our awardee, as she is a tireless supporter of the Chamber.

Thank you to all who joined us for the celebration and to all who helped by nominating and voting on each of these categories. We look forward to your assistance again next year!

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

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



The Stone House
 1524 Belford Ct. ~ Evergreen, CO 80439
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WE SUPPORT LIVING LOCALLY

Conifer Chamber Ribbon Cuttings and News

2024 ANNUAL AWARDS
PRESENTED BY **bellwether**

ROOKIE BUSINESS OF THE YEAR
-IRIE BY NATURE BLOOMS
-IGNITE THE MIND
-STRATEGIC DESIGNS
-THE KITCHEN YETI
-BRAZILIAN TOP TEAM CONIFER

HOME BASED BUSINESS OF THE YEAR
-MOUNTAIN BOOKKEEPING
-ALL SUPPORT ALL COMPUTERS
-BRING US BACK TO NATURE
-WILD IRIS MARKETING
-AUDRA IORI- ONETRUST HOME LOANS
-FAIRY DUST MOTHER

BUSINESS OF THE YEAR
-GENERATIONS SKINCARE
-HIGH COUNTRY AUTOMOTIVE
-JOURNEY ROOFING
-COLORADO FURNITURE
-CONIFER JAZZERCISE

NON-PROFIT OF THE YEAR
-INTERMOUNTAIN HUMANE SOCIETY
-THE VENUE THEATRE
-CONIFER AREA COUNCIL
-BOOTSTRAPS
-PEACEWORKS

NORMAN F. MEYER AWARD
-KAREN HEYDMAN
-NANCY PARKS
-YVONNE LUDWIG
-JACQUIE COOK
-CHRISTY SEABOURNE

AMBASSADOR OF THE YEAR
-AIMEE PLESS
-STEPHANIE JOHNSON
-DANNA JOHNSON
-CYNTHIA DAUGHTRY
-AUDRA IORI



Celebrating Excellence: The Conifer Area Chamber of Commerce Annual Awards

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

“It is more than a celebration; it’s a testament to the collective spirit that defines our community.”

Awards Season is upon us! Every spring, the Conifer Area Chamber of Commerce Annual Awards shines a spotlight on those who have demonstrated exceptional dedication, innovation, and service, celebrating the outstanding achievements and contributions of businesses, nonprofits, and community members within the Conifer area.

We gathered on April 18th to honor the nominees and announce the winners. It was more than a celebration; it was a testament to the collective spirit that defines our community. Behind every successful business or nonprofit is a network of support—from dedicated employees and volunteers to loyal customers and patrons. The award categories are Home-Based Business of the Year for those businesses without a brick and mortar building, Business of the Year for those with a physical location, Rookie Business of the Year for those in their first two years of business, Non-Profit of the Year, Ambassador of

the Year to honor chamber leaders who give back to the members, and the prestigious Norman F. Meyer Award which is given to a local resident who has shown outstanding service to our mountain area.

In honoring the best of the best, the chamber reaffirms its commitment to supporting and championing the businesses, nonprofits, and individuals who make Conifer a place we are proud to call home. To learn more and see the winners, visit Annualawards.goconifer.com.

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

ELEVATION-CELEBRATION
MARK YOUR CALENDAR!
JULY 27 & 28
MANY WAYS GET INVOLVED

*Volunteer
*Vendor Booth
*Sponsorship
*VIP Tickets

WE SUPPORT LIVING LOCALLY

Jeff's favorites

Mom

BY DONALD R SAMPSON AND WYNN VARBLE

A little baby told God,
“Hey, I’m kinda scared
Don’t really know
if I want to go down there
From here it looks like
a little blue ball
That’s a great big place
and I’m so small”
“Why can’t I just stay here with you?
Did I make you mad,
don’t you want me, too?”
God said, “Oh, child, of course I do
But there’s somebody special
waiting for you”
So, hush now baby
don’t you cry
‘Cause there’s someone
down there waiting
Whose only goal in life
Is makin’ sure you’re always
gonna be all right
A loving angel, tender,
tough and strong
It’s almost time to go
and meet your mom
You’ll never have a better friend
Or a warmer touch to tuck you in
She’ll kiss your bruises,

your bumps and scrapes
And anytime you hurt,
her heart’s gonna break
Now, when she’s talking to you
Make sure you listen close
‘Cause she’s gonna teach you everything
You’ll ever need to know
Like how to mind your manners
To love and laugh and dream
And she’ll put you on the path
That’ll bring you back to Me
So, hush now little baby
don’t you cry
‘Cause there’s someone
down there waiting
Whose only goal in life
Is making sure you’re always
gonna be all right
A loving angel, tender,
tough and strong
Come on child
It’s time to meet your mom

Written by:
Donald R Sampson, Wynn Varble
Artist: Garth Brooks
Album: Man Against Machine

Mother

BY JENNIFER NETTLES AND KRISTIAN BUSH

She’ll take you in, feed your friends
Her open arms are welcoming
She’ll rub your back all night
when you’re crying
She’ll listen to you tell your story
Hold your fear and all your worries
Help you find the truth
when they’re all lying
Even when it’s hopeless, she keeps trying
She’s your mother, you love her
There won’t be another place like her again
that you call home
She stands here to help you,
there’s nothing she won’t do
As long as she’s alive, you’re not alone,
you’ve got each other, that’s your mother
She fixes all the broken things
When you’re in love, she’s got a ring
To give to you, she hopes you’ll give away
She don’t care who you give it to
Where they’re from, if they pray like you
As long as they are good to you,
that’s enough
First thing she taught you was love is love
She’s your mother, you love her
There won’t be another place like her again
that you call home
She stands here to help you,
there’s nothing she won’t do

As long as she’s alive, you’re not alone,
you’ve got each other, that’s your mother
When you fail her, when you’re afraid
And crying in the careless mess you’ve made
She’ll make you clean it up yourself
and offer you a little help
And dry your weary eyes
when you let her
But she’ll look at you and know
you can do better
She’s your mother, you love her
There won’t be another place like her again
that you call home
She stands here to help you,
there’s nothing she won’t do
As long as she’s alive, you’re not alone,
you’ve got each other
And the secrets in your heart
she’s always known
She’s a beacon, a harbour
A lighthouse, her armour
A promise and a blanket when it’s cold
You’ll understand it more
when you get older
You’ve got each other, That’s your mother

Written by:
Jennifer Nettles, Kristian Bush
Lyrics © BMG Rights Management
Lyrics Licensed & Provided by LyricFind

CALENDAR OF EVENTS

May 2

Women in Business Luncheon 2024, 11am–2pm, at the Mount Vernon Canyon Club, 24933 Club House Circle, Golden. Join us in welcoming our newest inductees into the Mountain Area Women in Business Hall of Fame and recognizing Women on the Rise. Enjoy an elegant meal and network with other career-focused women at this women-empowering-women luncheon. Our guest speaker this year is Jenn Dewart. Register at evergreenchamber.org.

May 2, 9, 16, 23, 30

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

May 2–11

The Middle School Company presents Annie JR., at The Venue Theatre, 27132 Main St k 100, Conifer, featuring everyone's favorite little redhead in her very first adventure. With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. thevenue theatre.com

May 3

Center Stage Centennial Gala, 7–11pm, 27608 Fireweed Dr, Evergreen. Celebrate Center Stage's Centennial at a roaring '20s birthday bash, featuring live entertainment, 1920s dancing, and great local food. Zoot suits and flapper dresses are optional! Wet your whistle at the Center Stage Speakeasy, win some amazing prizes at our silent auction, plus get an exclusive sneak peek at our upcoming season (and get early bird pricing on season tickets). Show your support for Ovation West Performing Arts and other local performing arts organizations who perform at Center Stage. ovationwest.org

May 3

The Conifer Chorale will have its premier performance on May 3rd at St. Laurence Episcopal Church, 26812 Barclay Rd, Conifer 80433. The performance will be at 7pm. Nelson Conway, retired choral director from Conifer High School and founder of the Venue Theatre, will be conducting, and there will be a wide variety of choral music. Please come and support the new local community choir.

May 3

Baby Goat Happy Hour from 3–5pm at Cactus Jack's. Want to pet a baby goat? We

got them. You will be able to feed them, hold them, or watch them climb on the furniture. Each goat is soon to be your best friend. evergreenlivemusic.com

May 3, 10, 17, 24, 31

Cactus Jack's is always the spot for the best live music in Evergreen. Enjoy outstanding live music every Friday, from 8–11:55pm. evergreenlivemusic.com

May 4

The dancers of the Evergreen School of Ballet present the fantastic tale of Alice in Wonderland. 5–7pm at the Evergreen High School, 29300 Buffalo Park Rd, Evergreen. www.EvergreenBallet.com

May 5

Think like a Chef! 9am–3:30pm, \$125, lunch included, 28577 Buffalo Park Rd, Evergreen. Ready to take your culinary skills to the next level? In this full-day cooking experience you will learn the secrets of professional chefs so you can cook with creativity, precision, and confidence. **Info / register:** www.trusancuisines.com

May 15

Evergreen Chamber Connections and Cocktails, 4:30–5:30pm at Bistro del Lago, 29011 Upper Bear Creek Rd, Evergreen. Join new members, ambassadors, and seasoned members alike to network in a casual setting. evergreenchamber.org

May 17

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

Save the Date: June 22

Keep your hard-to-recycle items out of the landfill. Save your electronics, old paint, block styrofoam, appliances, glass, toothbrushes and toothpaste tubes, old markers and pens, and car batteries. Evergreen Sustainability Alliance will take them off your hands at our June 22nd, **Spring Clean Recycling Event**, held at the **Evergreen Lutheran Church** from 10am–2pm. Donations are greatly appreciated. TVs are an additional \$25 given the day of to the electronics company. **Contact** info@sustainableevergreen.org with questions.

May 2024



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

May 1

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

May 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.

May 15

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. Sabrina will share powerful practices to embolden you to show up in life to be seen and heard.

May 22

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.

May 29

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!



SATURDAY, MAY 11, 2024
Evergreen High School • 8am to 11am

Drop off your items for on-site paper shredding and electronics recycling and help community members in need!

All proceeds benefit the W.E.B. Angel Fund.

Full list of accepted items and pricing available at www.womenofevergreenbusinesses.org or text Angela Konigsbauer at **303-378-1113**.

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).

Upcoming Spring Events for Wild Aware

LAST FRIDAY COFFEES

Wild Aware, an Evergreen, CO, non-profit organization, is actively recruiting volunteers, new and old, for their *Last Friday Coffee*, a monthly event that takes place on the last Friday morning every month until further notice. This month's gathering will begin at 9am on May 31, at the Evergreen Bread and Cocktail Lounge, 1260 Bergen Pkwy, Evergreen, CO 80439.

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

WILDLIFE WATCH TRAINING

Wild Aware Volunteer Orientation – New and future volunteers are asked to attend Wild Aware's Volunteer Orientation on Wednesday, May 11, 2024 at Evergreen Fire/Rescue, 1802 Bergen Pkwy, Evergreen, CO 80439 from 6–7:30pm. Sign up to help with upcoming events. Contact sarabarnas@gmail.com or melanie@melaniemills.com for more information.

Wild Aware Volunteer Training – The program is entering its 8th season and kicks off with volunteer training on Saturday, May 4, 2024, from 1–3pm on the lawn outside of the Evergreen Lake House. Volunteers will sign up for shifts at Evergreen Lake. Shifts are Fridays from 4pm until dusk and Saturdays and Sundays from 10am until dusk. Wildlife Watch season begins Friday, May 17, and ends Sunday, June 23, 2024. Sign up here for shifts that are convenient for you. <https://wildlife-watch-volunteering.cheddarup.com>



A visitor who is too close. Humans must give our wildlife space. If wildlife notices you, you are too close.



A young family learning about local wildlife from a Wildlife Watch volunteer.

For more information, contact Sara at barbedwire@wildaware.org or Melanie at melanie@wildaware.org.



SAVE THE DATE

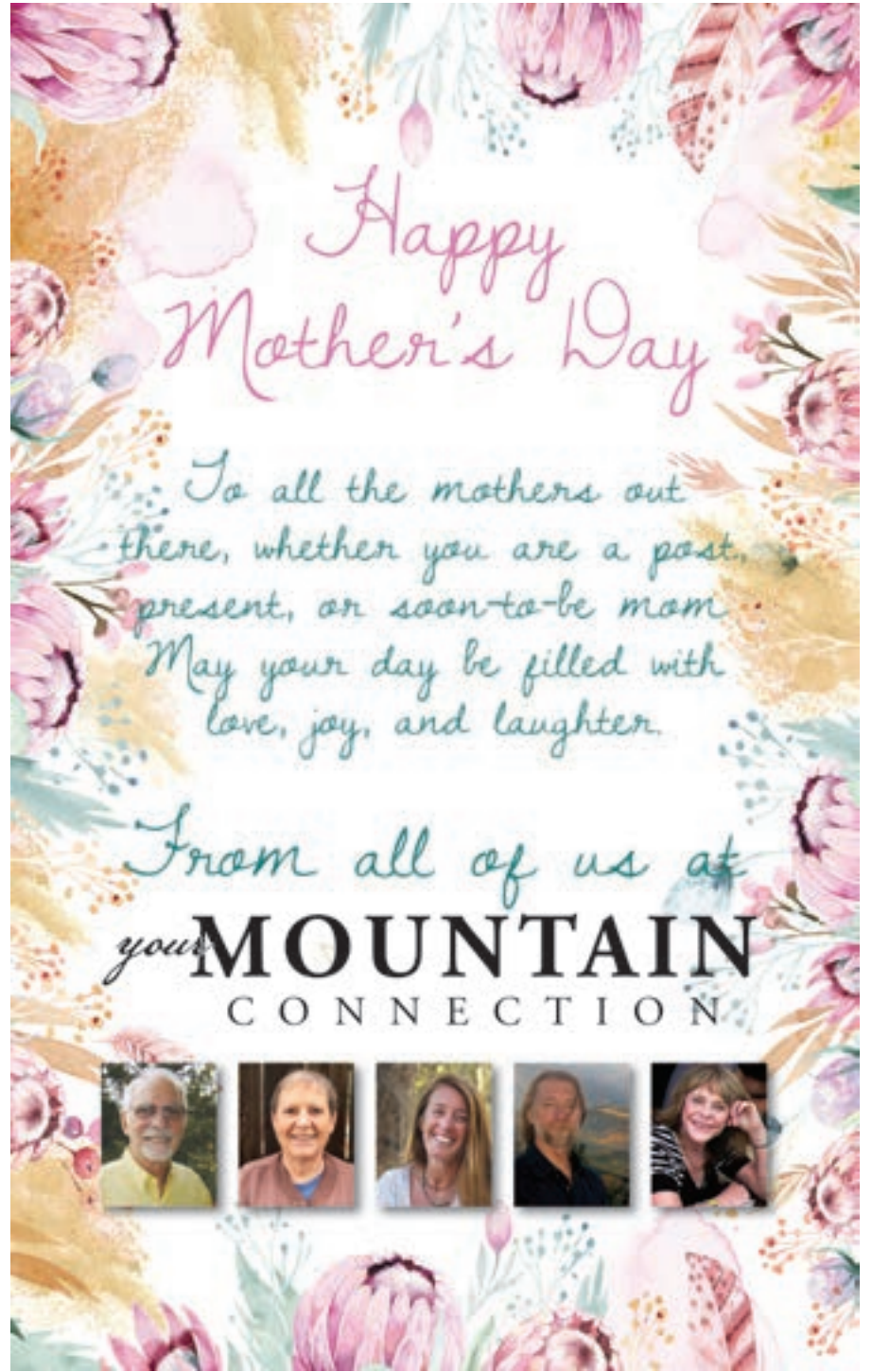
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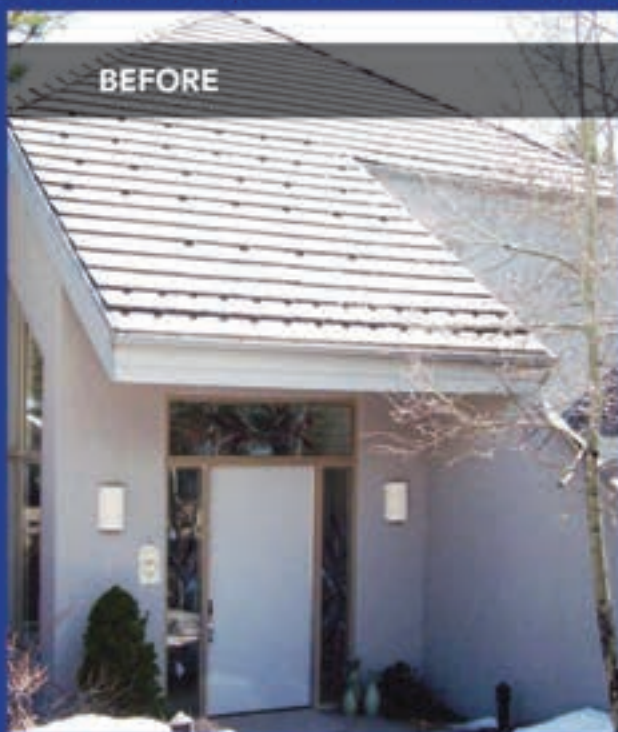
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