

YOUR MOUNTAIN CONNECTION  
t. 515-326-2672  
www.YourMtnConnection.com  
jeff@yourmtnconnection.com

*News on the Positive Side*  
MAY 2026

POSTAL CUSTOMER

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
DENVER, CO  
PERMIT NO 2669  
EDDM

# *your* MOUNTAIN CONNECTION



*See advertisement on back cover*



# GRANT AUTOMOTIVE

*Expert Car and  
Truck Repairs*

*Diesel Emissions  
Testing*

**SERVING OUR MOUNTAIN COMMUNITY FOR 25 YEARS**

**303-697-0225**

**www.GrantAutomotive.net**

**19356 Goddard Ranch Ct, Morrison, CO 80465**



## THE ResqRanch

The ResqRanch is the Premier Positive Reinforcement Animal Sanctuary

Proudly sponsored by **ASPEN PARK VET HOSPITAL** • 25871 Duran Ave., Conifer CO 80433  
Phone: 303-838-3771 • Email: [info@ResqRanch.org](mailto:info@ResqRanch.org) • [aspenparkvet.com](http://aspenparkvet.com) • [ResqRanch.org](http://ResqRanch.org)



### HOLISTIC VETERINARIAN IN CONIFER, CO

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

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



## The Ranch That Rescues More Than Animals And the Derby Party Proving It

*“This isn’t just a party. It’s a mission in a fascinator hat.”*

Let me tell you something most people don’t know about healing. It doesn’t only happen in a therapist’s office. It doesn’t only happen on a screen. It doesn’t have to come with a certificate or a prescription. It can also happen in a pasture with four hooves, warm breath, and an animal that doesn’t care what you’ve been through, only that you showed up.

That’s the world ResqRanch has been quietly building, and on Saturday, May 2nd, from 1–5 pm at Wild Game Evergreen, they’re throwing open the doors, not to the ranch, but to a Kentucky Derby watch party that might just change how you see the word “rescue.”

This isn’t just a party. It’s a mission in a fascinator hat. Here’s how the story usually goes: Someone hears “Kentucky Derby fundraiser” and pictures a stuffy room full of people sipping mint juleps and bidding on things they don’t need. They show up, write a check, and go home feeling vaguely good about themselves and wondering if they should even be supporting what they suspect might be abuse of the animals. That’s not this.

The ResqRanch isn’t a charity you write a check to from a safe distance. It’s a place where you are the one who gets changed. Here, you step into the animals’ world, not to dominate, but to be a partner. You learn to let go. You experience something that’s almost impossible to put into words: an emotional transformation that happens quietly, in the middle of nature, next to a creature that was just as broken as you once were. Rescued animals healing humans. Humans healing right back. That’s why I always say, rescuing them really rescues us.

The ranch serves everyone: rescued animals with nowhere to go, from donkeys to roosters; at-risk youth who’ve never been told they matter; and veterans, carrying invisible weight, who’ve tried everything else. The common thread? They all walked onto that land carrying something



*“The ResqRanch serves everyone: rescued animals with nowhere to go, from donkeys to roosters; at-risk youth who’ve never been told they matter; and veterans, carrying invisible weight, who’ve tried everything else.”*

heavy. And they left a little lighter, sharing a little of that burden with a rescue horse, that was also blessed by the experience.

So what does a \$30 ticket actually get you? For \$30 you’re walking into one of the most fun afternoons in Evergreen this spring: The Kentucky Derby on the big screen, known as the most exciting two minutes in sports, surrounded by people who actually care about what happens next. Mock betting, because nothing bonds strangers faster than arguing about a horse named after a breakfast food. A hat contest, so break out the

fascinators, the flowers, and the ridiculous brims, and the best dressed wins bragging rights and the admiration of everyone in the room. Exciting raffle baskets, each one packed with over \$100 in prizes. Need a prewrapped birthday gift? Or how about early holiday shopping for a great cause? A nacho bar, because you cannot watch horses run on an empty stomach. Drinks, arcade games, and bowling available for purchase. Cheers to the horses, the healers, and the humans they saved.

One afternoon. Thirty dollars. Memories that stick.

Here’s the part that actually matters. You could spend your Saturday afternoon a dozen different ways. But here’s what I want you to think about for a second: Somewhere right now, there’s an animal at ResqRanch that used to flinch at human hands. And a teenager who used to do the same. And a veteran who stopped letting people in years ago.

And then something happened. They met each other, in a pasture, in the quiet, with no agenda except to just “be” there together.

That’s the program your \$30 ticket funds. Not a logo on a brochure. Not a line item in a budget. Real transformation, happening in real time, on real land, right here in Evergreen, Colorado.

Either you’re in the room, or you’re not. The Derby only runs once a year. This party only happens once a year. And the work that ResqRanch does—the lives quietly rebuilt on that land—that’s the kind of thing that either gets funded or doesn’t. So here’s your invitation:

Put on your best hat. Come hungry. Mock bet on a long shot. And know that the real win, the one that matters long after the race is over, is the one happening at ResqRanch.

**Wild Game Evergreen**  
Saturday May 2nd | 1- 5pm  
Tickets: \$30

Get your ticket. Bring a friend. Wear something ridiculous on your head. The horses run once. The mission runs every single day. Support ResqRanch, because rescue was never just about the animals. Thanks for reading; can’t wait to see you there! DrQ and the crew of Aspen Park Vet Hospital and the ResqRanch.

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

— KELLER WILLIAMS FOOTHILLS REALTY —

# A Magical Day

BY LISA PLUMMER SMITH

*“I have learned life does not go according to plan; it is what happens when you are busy living and making plans.”*



*“Laughter is timeless,  
imagination has no age,  
and dreams are forever.”*  
— Walt Disney

Spring is here in the foothills; from snow to hail to sun to rain, everything is green! Graduations abound as young adults begin a new chapter of their journey. Families and loved ones gather to celebrate these special moments and milestones. My daughter is 19 and finishing her first year of college. Phew! We are nearly through the first year. It was a year of many firsts, and I think we both navigated our challenges quite well. Huge gratitude that she is thriving and has found her passion and tribe.

I have learned life does not go according to plan; it is what happens when you are busy living and making plans. We went to Disneyland last month, a special mama/daughter day—we had never gone alone together. It was so special! She wore her ears and I wore my polka dots. We had a plan, got up early and headed out—to mist at first, but once we got inside the park and in the (covered) line for Indiana Jones, it started pouring...

Disney ponchos appeared everywhere (\$14.95), and we dedicated park goers donned them and forged on. We could walk leisurely, people were taking rain photos, we saw high-tech rain gear, branded gear, and wet, happy people. We even saw a mama duck and her ducklings waddling along. Happiness was the constant theme, happy to be there, happy to be alive, leaning into life, and having fun!

My girl gave me choices, ordered our food online, scheduled our rides, tracked our photos, and found my chardonnay when I wanted one, and we delighted in taking it all in and enjoying our experience. It was truly a gift, this day together. She said she had never seen the park so empty, and by noon we had covered quite a bit of ground.

We saw Pooh and Eeyore! I giggled with a lovely woman in a wheelchair as we waited in line with kids in strollers. She was regal with white hair and wore a lovely vintage Winnie the Pooh sweatshirt. The characters were absolutely amazing as they interacted with the crowd, great expressions and literally smiles everywhere!

All ages enjoy the magic of Disney, and there is a special touch to the parks year round. As the largest employer in Orange County, Disney enjoys a reputation of being good to their employees. To keep the magic happening day

after day, no matter what, is challenging at least and commendable on many levels.

If you haven't been to Disney in a while, give it some thought. They really do a good job. Pooh, Eeyore, and California Soarin' were the day favorites for me. Enjoy the beginning of summer, friends; be safe out there and take care of each other. Best, Lisa.



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

# CONGRATULATIONS 2026 GRADUATES!

**KELLERWILLIAMS,  
FOOTHILLS REALTY, LLC**

Each Keller Williams brokerage business is independently owned and operated

**Lisa Plummer Smith**  
**907-632-3683**  
**lisarayanne@gmail.com**  
 Keller Williams Foothills Realty, LLC  
 10875 US-285 Conifer, CO 80433  
 32114 Ellingwood Trail, Ste. 100  
 Evergreen, CO 80439

## connection to the past



Augustus T. Sundwell  
First Sundwell Homesteader in Conifer Late 1800s  
Mary Sundwell's father-in-law



Augustus and Rebecca's Marriage License



Mary's son Otto



Grandmother Rebecca with Mary Sundwell's son, Otto,  
on the homestead

# HOMESTEADING IN COLORADO IN LATE 1890s AND EARLY 1900s

FROM THE JOURNAL OF MARY E. SUNDWELL | CONIFER HISTORICAL SOCIETY

## Part 2 of 2

The Sundwell Family arrived in Conifer in the late 1800s and filed several homesteads in the Kennedy Gulch area. One of their ancestors, Mary Sundwell, captured the essence of the times in her journal. Part I of her journal was published in *Your Mountain Connection* in March. This is Part II, which gives insight into daily life in Conifer without cars, electricity, or plumbing.

You can find Mary Sundwell's complete journal about Homesteading in Colorado on the Pioneers and Families page at [www.coniferhistoricalsociety.org](http://www.coniferhistoricalsociety.org).

*Journal is submitted as it was written  
by Mary Sundwell*

We got to Denver and had to go on the street car to the Loop and change at Curtis Street car to go to Leo's parents who lived at 1061 9th St. There was a store on the corner of 11th and Stout Street called the 3 Rules Store and we went there to get our blankets and I remember we got double gray wool blankets, 2 pair of them. There was a store on the corner of 9th and Curtis next door to where Leo's parents lived. We got a good bill of groceries and meat to take back with us. I dreaded the time when Leo would have to return to work in Denver and Otto and I would be left alone up there in the mountains. We couldn't afford for Leo to quit his job in Denver. He was with the Art Wallpaper and Paint Co. And their shop was on 11th and Broadway. I had a 2 wheeled cart with seat and place to put the feet and a long handle to pull it by and I took Otto and walked that 1 ½ miles to the post office and back every day except Sunday.

My nearest neighbor was a quarter of a mile up over a hill. She was a widow with a daughter 10 or 11 years old and her brother, Joe, a bachelor. They lived on and ran Beaver Ranch. The house was a big one with 5 bedrooms upstairs, bedroom, living room, dining room, kitchen, and store room on the main floor. Her name was Nellie McQueary. The daughter was Gladys and the brother was Joe Kemp. About 30 feet from the house on the road was a store which she had and on the other side of the store there was a hall where they had dances for the guests who came up to Beaver Ranch in the summer. Joe looked after the horses and cows and milking. He also did a lot of haying. They had a large meadow with

creek which ran down Kennedy Gulch. There was a big red barn that was a land mark, as it was just where the road turned to go down the Kennedy Gulch from the main road. Seven miles down was Dawson Switch which was one of the stops made on the Platte Canyon road. There was not much passenger service on that train but there was quite a lot of shipping on it. There was lots of tie hauling to Dawsons and supplies of grain, flour, etc., were shipped up there and hauled by the tie haulers on their empty wagons.

Our water supply was from a big spring about the distance of a half a block from our cabins. It was uphill a little but down the hill to carry the pails full of water.

Leo decided to build an addition on our bedroom cabin. So, he put up the frame work for it and worked at it whenever he could get up there from his work in Denver. It was 12' x 16' and had a high large window on the end and an ordinary sized one on the east side. My aunt Sade gave me 26 yards of new woven rag carpet. It needed to be sewed and cut to fit the size of the room and Leo's mother sewed it and cut it to the right size. Leo finished the walls nice and papered them. He painted the woodwork and I had two rocking chairs, a wood heater, my piano, a stand table with a marble top, and a china cabinet in the big room. Leo also built a nice big porch and covered it along the east side so it was a nice place for Otto to play and I could keep a watchful eye on him. I did not like to let him play out in the yard alone. I was always afraid he might wander out of my sight and a wild animal would harm him. Leo had seen bear tracks and mountain lion tracks on the hill North of the cabins and not very far away. He set several traps with horse meat bait to try to catch them, but never caught anything in them.

About half way between our place and the Junction, there was a 160-acre parcel, a place that had been homesteaded by James Kemp. He and his wife had come from England a number of years before. He was a Mormon minister and when he and his wife first came to the U.S. they came to a place called Nauvoo, Ill, and from there they came across the plains in a covered wagon and oxen pulling and then went to Salt Lake City to join the Brigham Young Group. Mrs. Kemp was not very well and they were not satisfied with conditions in Salt Lake so they came to Colorado and found the land that he later homesteaded there, with a large family consisting of 2 girls and 4 boys. Mr. Kemp was a member of the reorganized branch of the Mormon church and he was a circuit rider going from place to place preaching all over Colo. He set aside an acre of ground at the top of the hill where the road turns to go to Pleasant Park for a cemetery and at the main road he set aside and deeded to Jefferson County A. There was quite a need for a school as there were children within five miles of that area with no school facilities. The County build a nice school and it was furnished with desks, a big pot bellied stove, a teacher desk, and a reed organ. There was a shed built near the school so pupils who came on horseback had shelter for their horses while they were in school. The teacher

was elected by the County Supt. Of Schools and she usually stayed at Beaver Ranch. Church services were held in the school house on Sundays. Mrs. McQueary who managed Beaver Ranch was a daughter of James and Mrs. Kemp. Mr. Kemp sold his ranch to W. T. Anderson, a widower and his two daughters. They came from Kansas. The daughters were very helpful to their father. The older daughter managed their home so well. The father bought a piano for the girls, and the younger daughter, Carrie, was so anxious to learn to play. I had gone to the church services at the school house, and had Otto with me and I was asked to play for the services which I accepted. Carrie asked me if I would teach her to play the piano and I told her I would be glad to do what I could. Instead of getting money for her lessons I agreed to take butter, eggs, and milk for pay. I always took Otto in his cart when I went to give the lessons.

The Junction changed hands or ownership several times and it became hard to get our mail. Mrs. McQueary made application to be post Mistress and have the post office moved to Beaver Ranch. The change was made so we did not have so far to go for our mail.

I would take Otto and go over the hill and not have to go around by the road which was a longer way.



## Homesteading in Colorado

### Part 1

*Homesteading in Colorado* Part 1, from our March edition, shares Mary Sundwell's journal entries from the 1890s through the early 1900s. If you would like to revisit this, or any article from a past publication, visit our website at [www.yourmtnconnection.com](http://www.yourmtnconnection.com) and download the PDF.

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

**Thank you to Karen Edwards, Mary Sundwell's granddaughter, who shared a copy of her grandmother's journal with Conifer resident Jaime Davis, who shared it with the Conifer Historical Society and Museum. SHARE HISTORY!**

The mission of the Conifer Historical Society is to share the region's legacy by collecting, preserving, and exhibiting historical and cultural materials.

[www.coniferhistoricalsociety.org](http://www.coniferhistoricalsociety.org)



# Mount Evans brings love

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



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



## I'm Just Sayin'...

May 2026 – Mother's Day

Jeff Smith owner/publisher

It's hard to believe it's Mother's Day already. As I've said before, every day should be Mother's Day; but since Hallmark designated this day, then we shall celebrate. I hope you can be with your family.

We had a terrible storm right before Christmas in 2025. The power was out off and on for several areas in our communities for as long as 5 days. Many businesses lost thousands of dollars in pre-Christmas sales that they may never recover. Let's try to help them out. This summer and fall, let's really shop local. Go to the local shops and restaurants and other businesses. Let's help keep our local businesses in business!

I bet I've seen 20 businesses fail in the last 5-6 years, mostly restaurants. About 24% of restaurants fail in the first year and almost 60% in the first three years. Why? Several reasons, but lack of money is probably the first one. It can take some restaurants 2-3 years to become profitable. Another reason is no marketing plan or budget. Too many new business owners believe that all they have to do is open their doors and people

will start coming in. Word of mouth takes a long time. I can't tell you how many times I have met with new owners who tell me that they spent all their money buying or starting a new business and have no money left for operating expenses or to promote it. Sadly, most of them fail.

Avalanche – Off to the playoffs and favored to win another Stanley Cup. I don't want to jinx them, but they should be able to control their own destiny. They swept the Kings, so on to the Stars or Wild. Go Avs!

Nuggets – They are in a good position for the playoffs. Stay healthy and get your starters back in. We'll see! Go Nuggets!

Rockies – Hmmm. I know it's early. I know there is a lot of anticipation this year. But it looks like another typical Rockies start. I'm rooting for them. Go Rockies!

Quackadilly says:  
"Eventually all thing merge into one,  
and a river runs through it."  
—Norman Maclean



### NEWS ON THE POSITIVE SIDE

## your MOUNTAIN CONNECTION

MAY 2026 • VOL XXXIV N05

next issue • JUNE 2026

t. 515-326-2672

www.YourMtnConnection.com

email. jeff@yourmtnconnection.com

### June theme: Father's Day

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

Email your story to jeff@yourmtnconnection.com.

Stories accepted on a space-available basis only.

Advertorials are paid advertising.

Business Profiles cost \$400, limited one per year.

From the Experts educational columns cost \$300/month, minimum three-month commitment.

Deadline for ads and articles is May 16.

Call 515-326-2672.



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



Copy Editor  
**Emily Fose**



Creative Director  
**Marty Hallberg**



Writer / Photographer  
**Gary Loffler**



Writer  
**Penny Randell**

Contributing Writers:

**Cathy Kowalski**

**Kaarsten Turner**

**Anne Vickstrom**

## from the experts

— EVERGREEN HEALTH INSURANCE —

**Medicare Reflections**

BY ED REGALADO

*“I’m happy to help you sort through the Medicare Maze.”*

Spring has sprung, and the change of seasons has me reflecting on how lucky we are to live in such a beautiful area with so many advantages and opportunities to feed the soul. I am thankful for where we live and the privilege to do the work I do. I’ve personally been blessed to work with many great people, and I find the clients I get to know and work with in the Evergreen/Conifer area tend to reflect the mountain lifestyle—easygoing folks who are lovers of nature. It’s my honor to be able to continue helping those who are new

*“It truly is good to be here.”*

to the Medicare system navigate its confusing landscape and find the plan(s) that work best for them. It truly is good to be here.

Another benefit of living in our area is we have been blessed to have three medical practices with great physicians and staff. I often hear from my clients how much they really like their health care provider and the great treatment they receive. We’re also fortunate to have a wide variety of Medicare plans to choose from, and this isn’t the case for many who live in rural areas where it’s common to have few options.

It was a shock a couple months back when across the street from my office at the Stone House there was a violent incident at Common Spirit, causing their office to close for now. Fortunately, none of the staff were harmed, but it was a traumatic experience for many who were touched by that tragedy. I was recently told that Common Spirit is looking at reopening that office in June. I hope so. For now, those going to St. Anthonys or Common Spirit must go to the

Golden office or the one in Idaho Springs.

I’m already getting geared up for Medicare re-certifications, which are required of brokers every year. That starts this summer. Insurance carriers concerned with their bottom line have cut commissionable plans to brokers; some have even been eliminated. PPO Advantage plans, which were very popular, were cut this year. Congress has approved a roughly 5% increase in Medicare Advantage funding. This should allow insurance companies some financial room to improve or maintain their Advantage plans for 2027, but we won’t know until fall. Brokers get to review these plans in September, and the Annual Enrollment Period starts on October 15th. If you’re on an Advantage plan, your Annual Notice of Change (ANC) that shows how your current plan will look in 2027 will be sent to you in the fall.

If you’re turning 65 soon, your first step is making sure you are enrolled in Medicare Parts A & B. If you’re already collecting Social Security, you will be automatically enrolled and should receive your card three months prior to your birth month. If not, apply at [ssa.gov/medicare](https://ssa.gov/medicare).

Need help? Give me a call! I’m happy to answer any questions you have and help you sort through the Medicare Maze.

**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](mailto:edregalado46@gmail.com).**

**Growing Strong in a Dry Mountain Season**

NOTES FROM FARMER TRACY WEIL

If you’ve gardened in Colorado for more than a season, you already know—every year is a little different, and lately, a little drier. The good news? Tomatoes are tougher than people think. With the right prep, you can get them in early, harden them off properly, and set them up to thrive even in drought conditions.



At high altitude, timing is everything. Most mountain growers wait until late May to plant, and that’s usually the right call. It’s not just about frost—it’s about soil temperature. Cold soil can stall young plants before they even get going. But for those who want a head start, there are ways to work with the conditions. Warming your soil ahead of time with black plastic or a dark tarp can give roots a much better environment from day one. And when you do plant, go deep—tomatoes will grow roots along buried stems, building a stronger, more drought-resilient foundation.

Before anything hits the ground, though, plants need to be hardened off. This step is especially important in the mountains, where sun intensity and wind can be surprisingly harsh. Start by placing your plants outside in a protected area for a couple of hours a day, then gradually increase their exposure over 5–7 days. Avoid intense midday sun at first, and keep an eye on watering—containers dry out quickly in dry air. By the end of the process, your plants should be stocky, sturdy, and ready to handle real conditions.

Even if you plant later in May, don’t let your guard down. Spring in Colorado has a way of throwing curveballs. Keep frost cloth, buckets,

or old sheets nearby so you can cover plants quickly during unexpected cold snaps. A little protection early on can make all the difference.

In dry conditions, watering strategy becomes critical. Tomatoes don’t need constant watering—they need deep, intentional watering. Soak the soil thoroughly, then allow it to dry slightly before watering again. This encourages roots to

grow deeper, where moisture lasts longer. Early morning watering is best to reduce evaporation and set plants up for the day.

Healthy soil is one of your biggest advantages. Mixing in compost improves structure and water retention, helping your soil act like a reservoir instead of drying out overnight. Once the soil has warmed, add mulch—straw or another organic layer—to lock in moisture, regulate temperature swings, and protect against drying winds. Just be ready for those classic spring storms, and have a plan to cover your setup if needed.

Spacing also plays a role. Give your plants enough room so they’re not competing for limited water and nutrients. And during the height of summer, when the sun is intense at elevation, a little afternoon shade can reduce stress and keep plants producing steadily.

Growing tomatoes in the mountains isn’t about chasing perfect conditions—it’s about setting your plants up to handle imperfect ones. With strong roots, smart watering, and a little protection early on, you can grow a crop that not only survives but thrives.

Up here, a great tomato is earned—and it’s always worth it.

Follow us @HeirloomTomatoFarms and for more tips, visit [HeirloomTomatoFarms.com](https://HeirloomTomatoFarms.com).

— THE SASQUATCH OUTPOST —

**The Sasquatch Chronicles**

BY JIM MYERS

*Rabbit Hole Adventures has a brand new website, [rabbitholeadv.com](https://rabbitholeadv.com).*

Before I jump into this month’s Bigfoot article, we have some big news: Rabbit Hole Adventures has a brand new website, [rabbitholeadv.com](https://rabbitholeadv.com), where you can find all the information about our upcoming multi-night expeditions, horseback expeditions, and night hikes. I know that our July trip is almost booked, and August is already sold out. Otherwise, we still have availability for a late May trip, as well as June dates, plus additional horseback expeditions in July and August. If you’ve been thinking about joining us in the field, now’s the time to check it out.

**FIELD OBSERVATIONS AND A CURIOUS OCCURRENCE**

As many of you know, I make a habit of frequently visiting our gifting site—an area we’ve used consistently to leave objects and observe any possible interactions with Sasquatch.

Recently, I decided to try something a bit more deliberate. I placed three pieces of deer antler at the site. Each one had been marked with a red marker so I could easily identify them later and rule out any confusion with naturally shed antlers in the area. After arranging them carefully, I placed a large rock directly on top, making sure everything was stable and exactly how I wanted it.

Two days later, I returned.

At first glance, nothing appeared out of place. The rock was still positioned exactly as I had left it. The surrounding ground showed no obvious disturbance, and there were no clear signs of digging, scattering, or interference. It was as if time had simply paused there.

But the antlers were gone. All three pieces—completely missing. What makes this especially puzzling is the lack of disruption. The rock had



not been moved or overturned in any noticeable way, at least not in a manner that left evidence behind. There were no tracks, no drag marks, no signs of scavengers, and no indication that another person had stumbled across the site.

Situations like this are why we keep returning. Not every visit yields results, but occasionally something happens that defies easy explanation. Whether it’s

wildlife behavior we don’t fully understand, environmental factors we’re overlooking, or something more unusual, experiences like this keep our investigations going.

As always, if you’re interested in seeing these areas for yourself and being part of the process, take a look at our upcoming expeditions. There’s nothing quite like being out there firsthand, especially when the unexpected happens.

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

**Organic Heirloom Tomato Plants!**

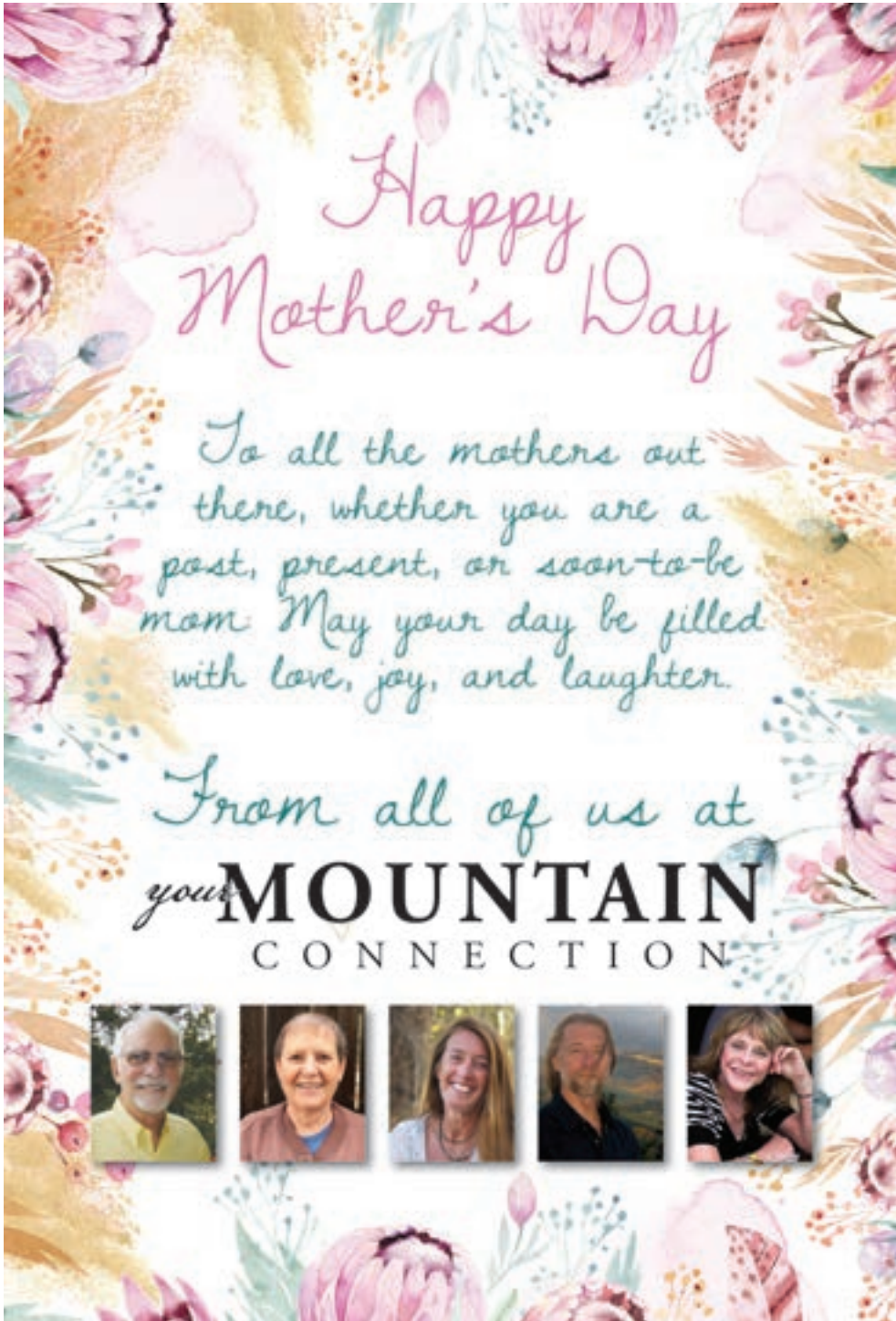
Grown locally in Pine, Colorado with many varieties selected for high-altitude gardens.

**How to Get Yours**

- Tomato Truck Pop-Ups
- Ace Hardware Locations  
Pine • Evergreen • Aspen Park • Bailey
- Pine Greenhouse Open House  
Saturday, May 23rd | 9 AM – 2 PM  
29054 Mangy Moose Trail - Pine



[heirloomtomatofarms.com](https://heirloomtomatofarms.com)



**Summer is here and it's hotdog time!**

Chi-Town Stop is happy to be celebrating our 5th year serving the Evergreen community. Along with authentic Chicago Style Hotdogs, we also serve Italian Beefs and a delicious variety of Sub Sandwiches. For the Veggie lovers, we have Veggie Dogs and Caprese Sandwiches. We stand behind serving only the "best" in town. In June we are extending our hours and will be open Saturdays from 12 – 4! See us on June 20th and 21st for the annual Evergreen Rodeo. We are passionate, small business owners who take pride in what we serve, and interact with our customers as if they were family! Can't wait to see all the new faces to try our lunch menu. We are loving our new location with outdoor seating in our beautiful courtyard.

**Chi-Town Stop**  
**27945 Meadow Drive, Evergreen**

**IS YOUR ROOF HIDING A COSTLY SECRET?**

**VALOR**  
ROOF AND SOLAR

**WIND DAMAGE IS OFTEN INVISIBLE FROM THE GROUND.**

- Left unaddressed, hidden damage leads to leaks, mold, and expensive repairs.
- Don't wait for a leak to find the damage.
- We find the small problems before they become big headaches.

**Valor Roof and Solar | 303-770-7663**  
Call today for a complimentary wind-damage assessment.

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

**10% off**  
with this ad

**Edibles!  
Smokeables!  
Topicals!  
Souvenirs!**



**Sunrise Solutions**  
43 Main Street  
Bailey, CO 80421  
303-816-MEDS (6337)  
www.sunrisesolutionsbailey.com



Share a little happiness  
with Mom this  
Mother's Day with a  
gift she'll LOVE from  
The Village Gourmet!

King Soopers Center • Bergen Park  
1193 Bergen Parkway  
**303.670.0717**  
www.villagegourmet.net

To advertise with  
your  
**MOUNTAIN**  
CONNECTION

**CALL**  
515-326-2672



# EVERGREEN CRAFTERS HAS NEW OWNERSHIP

BY NICK HOPPE

My family and I are the new owners of Evergreen Crafters, the beloved store in the center of Evergreen that has been a staple of the community for over 70 years. We took over the store from Susan Fariss, who has been the owner for the last 20 years. She is now enjoying her retirement.

With any new ownership, there are always changes. But we know how important Evergreen Crafters has been to the community, and we are intent on maintaining the wonderful relationship with our customers. While we're adding new lines to enhance the selection in the store, we're maintaining many of the products that have been so successful over the years.

Our greeting card selection will be expanded, and the jewelry, food products, art items, clothing selection, children's clothing and toys, and many other items will all be maintained, along with new selections that will be enjoyed by locals and tourists alike.

As noted, we are a family business. I opened my first store in San Francisco in 1979, and now my children, Kelly, Taryn, Will, and Brett, along with our partners David and Rhoda Berbey, are continuing to expand our horizons. We grow very slowly and especially enjoy opening stores in towns we love to visit. Evergreen, with its beautiful scenery and small-town feel, is a perfect fit. We also have a store in Frisco called Bigfoot Sock Company.

Julie Taylor is managing both stores. Julie moved from Philadelphia to Colorado in 2001 and currently lives in Silverthorne. She travels to Evergreen at least two or three times a week and is constantly upgrading the store and its merchandise.

We recently completed a remodel of the store and invite everyone to come see the improvements. The merchandise that everyone has loved for years is still there, and there is much, much more merchandise to enjoy. The store is more open and brighter, but it maintains the character that the community has loved for so many years.

We'd like to thank everyone for making us feel so welcome. Change isn't always easy, but we hope the changes we've made to Evergreen Crafters will be appreciated by the community. It is extremely important to us that we continue to maintain the stellar reputation that Evergreen Crafters has built over the 77 years it has been in business.

28076 Highway 74 • Evergreen, CO 80439  
303-674-3153 • evergreencrafters.com  
Open 7 days a week • Call for hours

CLOTHING • GIFTS • JEWELRY  
HOME DÉCOR • SOUVENIRS

# Evergreen Crafters

Simple, thoughtful gifts for every occasion...  
stop in and see what's new!

TREAT YOUR MOM TO  
SOMETHING SPECIAL

**20% OFF**  
any in-store purchase with coupon  
expires 5/31/26



VISIT US IN DOWNTOWN EVERGREEN  
OPEN DAILY • 303.674.3153  
www.evergreencrafters.com

**LARK APPLIANCE REPAIR**

APPLIANCE REPAIR  
 DRYER VENT CLEANING  
 GAS FIREPLACE CLEANING & REPAIR

**303-656-9032 | larkappliance.com**

**SCHEDULE ONLINE!**

**KNOTTY PINE**

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

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

Open 10-5 every day but Wed  
 60641 HWY 285 • Bailey, CO 80421  
**Theknottypine.net • 303-838-5679**

**HAIRPORT 54**

Open Mon - Sat • 26497 Conifer Rd #2, Conifer CO 80433

**CHALA PURSES AND VILLAGE HOUSE HATS**

CALL Doreen McWilliams, Nadine Shriver, Gayl Wacker at  
**303-838-0092**

**HOME-BASED BUSINESS FOR SALE**

Profitable business for over 30 years

Locally owned and operated

Experienced staff will stay

20-25 hours per week

Great potential growth

Doing business in Evergreen, Conifer, Pine, and Bailey

---

Inquire at  
**silvertopp12@gmail.com**

**Lifetime**  
 Home Remodeling

**ELEVATION CELEBRATION**

JULY 25 - JULY 26

CONIFER, COLORADO EST. 2013

FEATURING:  
 THE LIVING ROOM BAND, STRAY DOGS, PAT TRAVIS & THE BARLEY BROS.,  
 YOUNG AND DEAD, TYRON BENOIT, BOOGIE MACHINE AND MORE!

TAYLOR FAMILY DENTAL | bellwether | CROSSFIT CONIFER | CORE ELECTRIC COOPERATIVE



# Local Family Owned and Operated *Lumberyard* Built on Experience

- Composite Decking ■ Wood Decking ■ Lumber ■
- Hardware ■ Deck Accessories ■ Railing ■ Siding ■



## Offering fire rated products including:

- Fire Rated Decking ■ Fire Rated Siding
- Steel Framing ■ Metal Railing

**10% off**  
stock composite

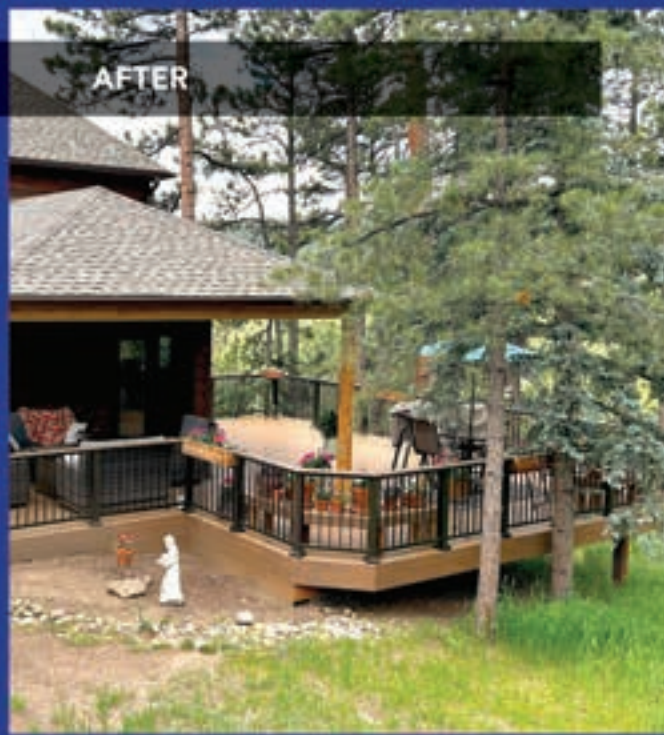
**Free Delivery**  
on your 1st order

\*Minimums apply. Call for more details.  
expires 6/01/2026





**YOU HAVE A GREAT VIEW...  
But is Your Home's Exterior Not So Great?  
LET US HELP YOU CHANGE THAT!**



**CUSTOM OUTDOOR  
LIVING SPACES  
ROOF STRUCTURES  
AND PERGOLAS  
WINDOWS  
AND DOORS**



**CELEBRATING OUR 30TH YEAR  
IN EVERGREEN!**





**onthe move**  
FITNESS & WELLNESS

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

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

**IMPROVE STRENGTH, CORE AND BALANCE**

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

You **WILL** Move Better, Feel Better and Be Better!

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

On The Move Fitness is a Personal Training Studio that has been serving the Conifer Area for 21 years. Contact us at 303-816-1426 or [www.onthemovefitness.com](http://www.onthemovefitness.com) for more info.

*“I have been publishing an article and running ads promoting my business in Your Mountain Connection newspaper for well over 15 years now. The staff is easy to work with and good at what they do. The prices to advertise are flexible and affordable, which is very important to me as a small business owner. Through working with Your Mountain Connection, I have been able to grow my business exponentially, especially over the past few years. The visibility provided by this advertising is both professional and powerful. If you are looking to grow your business locally here in the Conifer/Pine/Bailey area, consider it as a ‘must have’ for your marketing plan!”*

—Deb Brown, Owner  
On The Move Fitness/Conifer

## A Skeptic's View

Viruses

BY GARY LOFFLER

*“One of the best reasons for getting vaccines is the sheer number of diseases that there are out there.”*

The disease process has fascinated humankind for thousands of years, but it has only been in the last century or so that we have started to get a good handle on what causes illnesses and how to treat them. A combination of better diagnostic procedures, medication, testing, and better record keeping has let medical science make great strides in knowledge and efficacy. Some of the greatest advancements have been in virology. So let's take a quick (and very simplified) look at what a virus is and what it does.

A virus is really small. It is way beyond tiny, and even smaller than microscopic. They are impossible to see without the use of an electron microscope. A simple way to visualize a virus is to imagine it like a nut. A virus and a nut both have a hard casing outside, with genetic information in the center. Just as different nuts have different outsides and different insides, so do viruses. For example, a rhinovirus that causes the common cold has a different outside protein case than the virus that causes the flu. On the inside they are largely the same, containing a little DNA but mostly mRNA (messenger RNA). This mRNA is essentially instructions on how to make more viruses. Again, this is not dissimilar to nuts, with various outside shapes and genetic material to create more nuts. However, a walnut not only has the instructions for making another walnut tree, but it also contains nutrients to help get the process started. Viruses do not contain nutrients; rather than producing a tree, a virus only produces more viruses.

Once a virus has gotten into a living organism, it invades a cell; the outer shell dissolves, releasing its mRNA, which overrides the cell's normal function. From that point on the cell uses its resources to just produce more copies of the virus. Eventually the cell uses up all of its material and dies, releasing the copied viruses into the infected host. Then the process starts again.



*“A virus is really small. It is way beyond tiny, and even smaller than microscopic. They are impossible to see without the use of an electron microscope.”*

Once a virus has gotten into a host, there are few medications that help. A bacterial infection can usually be cleared with antibiotics, but no such treatment exists for viruses. The only way to rid a virus from the body is for the body to learn to produce antibodies that match the particular virus. This ability to produce antibodies varies from person to person. Most people have an immune system that is up to the task; but for those who do not, viruses pose a real threat.

Different viruses cause different diseases, with some like the common cold being fairly mild for the majority of people. We talk about the common cold like it is a single entity, but annoyingly it is caused by rhinoviruses of which there are many, many different variations. These variations have different outside shells and so require a different antibody, which is why you

can get a cold multiple times. You don't actually get infected by the same rhinovirus but by another variation. The seasonal flu likewise is a similar set of symptoms caused by slightly different viruses.

An antibody matches the shape of the protein coating on a virus, not unlike how two puzzle pieces connect. The antibody that works on one virus will not work on a different virus; so having survived the mumps will not help if you get exposed to the measles. Clearly it is way more complicated than this extremely simplified explanation, but the main idea is that if an antibody is not an exact match for the virus, it will not bind to it and will not clear it from your body. Once your body has learned to make antibodies for a specific virus, it usually keeps you from being reinfected.

A vaccine contains the outer shell of a virus with an inner core that is dead or modified and incapable of causing disease. Your body finds the virus shell and creates the matching antibody. Usually, again, a small percentage of people have compromised immune systems and cannot build antibodies. Newer vaccines using mRNA have shown great success. This type of vaccine can cause a bit more reaction at the site of injection. And again, a small percentage of people just do not create the necessary antibodies.

One of the best reasons for getting vaccines is the sheer number of diseases that there are out there. While you can develop immunities by contracting the various virus-driven diseases, it is not a given that you would survive all of them. Plus there is the amount of time you would spend ill and in discomfort. A vaccine does not make you sick while your body learns how to build the right antibody. In both cases, having the disease and getting a vaccine, the process is the same, except that the vaccine rarely causes more than temporary discomfort while having the diseases causes a wide range of problems up to and including death.

As a skeptic, it is hard for me to understand vaccine hesitancy. So much of the negative information I see about vaccines is simply not true and is easily proven wrong. One of the strongest arguments for the safety and efficacy of vaccines is to consider just how big a conspiracy to cover up problems would have to be and for how long it would have to have existed. Almost every doctor, nurse, healthcare professional, medical researcher, hospital, insurance company, etc., would have to be in on the conspiracy and would have to have done so for over 65 years, and not just in America but in every country in the world. As most of us can barely keep a surprise birthday party a surprise, it seems unlikely that millions of people can keep a conspiracy of such size going for so long.

# YOUR LOCAL ASPHALT SPECIALISTS

- Paving
- Crack filling
- Sealcoating
- Asphalt Maintenance
- Installing New Driveways
- Commercial Parking Lots
- Private Roads
- Pothole Repair
- Overlaying
- Patching



We'll always get right back with you



303-870-4069 Call or Text



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



## Penny for your thoughts

## Anopheles, the Malaria Mosquito (That Doesn't Live Here)

BY PENNY RANDELL



Last month we researched a species that was lazy and safe to have around. This month we are taking a radical turn and learning all we can for our own protection. We are taking on the genus Anopheles, where you will find a dangerous mosquito.

The mosquito we are studying was once called the nail mosquito, or the marsh mosquito. Many of these insects are vectors (any living agent that carries and transmits an infectious pathogen) of the parasite Plasmodium, which is a protozoan that causes malaria in birds, reptiles, and mammals. Yes! The exact species to fear is the Anopheles gambiae that transmits Plasmodium falciparum, a malarial parasite deadly to humans.

Before looking at the life cycle of this varmint, let's take a moment to define the disease malaria. This has been proven to be a mosquito-borne infectious disease that is transmitted by the bite of Anopheles mosquitoes. Symptoms include fever, vomiting, fatigue, and severe headaches. This disease can cause jaundice, seizures, coma, and death. Thankfully, effective medicine is easy to find if you have a few dollars to buy it.

The Anopheles mosquitoes go through four stages of development, just like any other mosquito. The first three stages, egg, larva, and pupa, are aquatic and together last 5–14 days. Thus far, the total days prior to adulthood are dependent on the ambient temperature and species. Anopheles females turn into malaria vectors as adults that can live up to one month in captivity and two weeks in the wild. Using her ovipositor, a tube-like organ used to deliver eggs, a female can lay 50 to 200 eggs. These eggs are quite small (.02 inches by .008 inches) and

are laid one at a time into the water. Amazingly, the eggs have floats on either side. Cold climate has an effect, with time to hatching taking as long as 2–3 weeks. Otherwise, they hatch within 2–3 days.

Now the larvae really stand out. This stage brings on a well-developed head with mouth brushes for feeding. They have a very large thorax, and the abdomen is composed of nine segments. While in this stage, they have no legs and lack a respiratory siphon. That is why they position themselves parallel to the water's surface. This insect has noticeable spiracles on the eighth abdominal segment for breathing. Therefore, it must come to the water's surface often. Most of the time the larvae are feeding on algae, bacteria, and other microorganisms found in the thin surface layer of the water. They swim with jerky movements throughout their entire body.

**Larvae develop through four stages known as instars.** At the end of each instar this critter molts and sheds its exoskeleton, or outer shell, which allows for growth. Most of these mosquitoes prefer clean, unpolluted water. Anopheles larvae have been found in fresh water, saltwater marshes, mangrove swamps, rice fields, grassy ditches, the edges of streams and rivers, and even small rain pools.

Next they metamorphose into pupae. When viewed from the side, the pupa takes on the shape of a comma. The head and thorax are merged into what is called a cephalothorax.

As with all adult mosquitoes, the Anopheles' body is slender, and includes the head, thorax, and abdomen. Besides feeding activities, the head provides a sensory information unit. This is where you find the eyes and segmented antennae. Antennae are used for finding birthing sites and for smelling odors. Those nasty females that carry a Plasmodium parasite are a great deal more attracted to human breath and odors than non-infected mosquitoes. This insect carries an elongated appendage on its head called a proboscis, which enables it to eat. A major attractant is expelled carbon dioxide from a human. This mosquito has two maxillary palps, or sensory appendages, that carry a receptor for the human's breath. The thorax is for locomotion. This is where you will find the legs that finally grew. Wings are attached to the thorax as well. Egg development and food digestion takes place in the abdomen. When the female absorbs a blood meal from a human, the segmented body parts expand. This blood nourishes the mosquito and her eggs.

Actually, this Anopheles mosquito can be distinguished by the large palps located on each side by the black and white wings. Also, these nasty bugs can be identified as they rest with their abdomen pointing upwards. Mating takes place a few days after emerging from the pupal stage. Males are known to create large swarms at dusk, attracting females which fly into them looking for food, or for mating. Maturing from egg to adult depends on the ambient temperature. This species can transform from egg to adult in as little as five days. Tropical conditions require a longer time, such as 10 to 14 days.

About the male: Males live for about one week, always feeding on nectar and sugar. Fortunately, the male cannot feed on blood. For energy, the female feeds on sugar, but blood is crucial for hatching those eggs. The females often rest for

a few days after consuming a blood meal. Once eggs fully mature, the female lays them and immediately begins looking for another mate. Surprisingly, the Anopheles species can be found in cooler climates. Nonetheless, they are predominant in sub-Saharan Africa.

Just in case you are planning on a trip to an area that has Anopheles mosquitoes, we should take a look at habitat. It's obvious this critter needs water for the aquatic larvae and pupae stages. Sought bodies of water include ponds, water tanks, swamps, ditches, and puddles. Adults can be found in dry areas, too. Often savannas are full of such impending disease. Mosquitoes can be scattered for miles by gusts of strong winds. Adults can enter estivation, meaning a state of dormancy, similar to hibernation, that can last for months at a time in the summer. This mosquito can easily live through an African dry season. Anopheles mosquitoes have been discovered in baggage and on airplanes.

Well, that's the biology of a threatening species. I, Juba, must tell of a true story concerning my mom. The first time she went to Africa she was seriously brought down by a case of cerebral malaria. It took days to diagnose her, for the doctor was convinced she just had a severe sinus infection. You see, in order to discover malaria, the varmint's toxins must be dumped into the recipient's blood stream. When her temperature reached 105 degrees, she insisted on being tested and they finally found the culprit. She was immediately administered medication and was cured in short order. She had the few dollars to receive treatment. On the other hand, most Africans with malaria do not have the money, and can easily die without proper medication. What a tragedy! So, when traveling into, or passing through such habitats, consult your doctor and take the prescribed prophylactic to remain safe.

## Jeff's favorites

## Suzanne

BY LEONARD COHEN

Suzanne takes you down  
To her place near the river  
You can hear the boats go by  
You can spend the night beside her

And you know that she's half crazy  
But that's why you wanna be there  
And she feeds you tea and oranges  
That come all the way from China

And just when you mean to tell her  
That you have no love to give her  
Then she gets you on her wavelength  
And she lets the river answer  
That you've always been her lover

And you want to travel with her  
And you want to travel blind  
And you know that she will trust you  
For you've touched her perfect body  
with your mind

And Jesus was a sailor  
When He walked upon the water  
And He spent a long time watching  
From His lonely wooden tower

And when He knew for certain  
Only drowning men could see Him  
He said, "All men will be sailors then  
Until the sea shall free them"

But He Himself was broken  
Long before the sky would open

Forsaken, almost human  
He sank beneath your wisdom  
like a stone

And you want to travel with Him  
And you want to travel blind  
And you think maybe you'll trust Him  
For He's touched your perfect body  
with his mind

Now, Suzanne takes your hand  
And she leads you to the river  
She is wearing rags and feathers  
From the Salvation Army counters

And the sun pours down like honey  
On our lady of the harbor  
And she shows you where to look  
Among the garbage and the flowers

There are heroes in the seaweed  
There are children in the morning  
They are leaning out for love  
And they will lean that way forever  
While Suzanne holds the mirror

And you want to travel with her  
And you want to travel blind  
And you know that you can trust her  
For she's touched your perfect body  
with her mind

Written by: Leonard Cohen, Graeme Allwright  
Album: Songs. Released: 1967

## April Come She Will

BY SIMON AND GARFUNKEL

April, come she will  
When streams are ripe  
and swelled with rain  
May, she will stay  
Resting in my arms again

June, she'll change her tune  
In restless walks she'll prowl the night  
July, she will fly  
And give no warning to her flight

August, die she must  
The autumn winds  
blow chilly and cold  
September, I'll remember  
A love once new  
has now grown old

Written by: Paul Simon  
Album: Sounds Of Silence. Released: 1966

## Poet's corner

## It's Spring

BY JEFF SMITH

It's spring you know  
Buds to blossoms  
Coming out of hiding  
Like a bear—hungry

Green knife-point shoots  
Breaking through the earth  
From their hiding bulbs  
Seeking water and sun

Snow melting into creeks  
Then streams, then rivers and lakes  
Rushing over small rocks  
And around large ones  
Giving trout a new hiding place to feed

And hearts dancing  
To be outside  
And love someone  
And feel free, and love someone

Heading towards  
the heat of summer  
And the passion of the mountains  
And the truth telling  
And the heartbreaking of fall

But for now, it's spring you know  
Buds to blossoms  
Coming out of hiding  
Like a bear—hungry

# TRANSFORM & PROTECT YOUR HOME

LOCAL & FAMILY-OWNED · LICENSED & INSURED · QUALITY WORKMANSHIP





**SUPERIOR PAINTING**

**TRANSFORM YOUR HOME**

- ✓ Exterior Painting
- ✓ Exterior Staining
- ✓ Interior Painting
- ✓ Cabinet Refinishing



**GET A FREE ESTIMATE**

**(720) 318-3601**

[SUPERIORPAINTINGCOLORADO.COM](http://SUPERIORPAINTINGCOLORADO.COM)




**SERVING COLORADO FOR 25+ YEARS**



**SUPERIOR ROOFING & EXTERIORS**

**KEEP YOUR HOME PROTECTED**

- ✓ Roof Replacement
- ✓ Full Siding Replacement
- ✓ Gutter Installation
- ✓ Hail Insurance Claim Specialists




**SCHEDULE A FREE INSPECTION**

**(720) 838-6474**

[SUPERIORROOFINGANDEXTERIORS.CO](http://SUPERIORROOFINGANDEXTERIORS.CO)


**ONE OWNERSHIP. SAME STANDARD.**

## KIDS TO COLLEGE PEDIATRIC DENTISTRY



*It's the season of graduating into a new stage of life, whatever the stage may be.*

*Congratulations, graduates!*



**COURTNEY R. COLLEGE**  
D.D.S., M.S., P.C.

31955 CASTLE COURT, SUITE 2 N.  
EVERGREEN, CO 80439  
**303.674.0779**

10146 W. SAN JUAN WAY, SUITE 220  
LITTLETON, CO 80127  
**303.979.9500**

[KIDSTOCOLLEGEDENTISTRY.COM](http://KIDSTOCOLLEGEDENTISTRY.COM)





**Specializing in Watch and Jewelry Repairs Since 1997**

We service Rolex, Omega, Bulova, Seiko, Citizen, and more. Antique pocket watches restored. We carry Hadley Roma watch bands — leather, metal, and silicone. Estate jewelry for sale. Full line of batteries. Free estimates!

**Armato's Clock Watch & Jewelry Repair of Lakewood, CO has opened a new location in Evergreen**

**Evergreen Watch & Jewelry & Repair**  
27888 Meadow Dr Unit B2, Evergreen, CO 80439  
Hours: Monday–Friday 10 am to 5 pm | 720-866-8724

**WE BUY GOLD, SILVER, AND WATCHES**



*“Always make a big deal about your dog coming to you, tell them how great they are—they love to hear it!”*

## Dogs, Dogs, Dogs

BY CATHY KOWALSKI

If I were to ask a new client what their dog's biggest problem is, it would be coming when called.

Come is one of the most important things you can teach your dog, and you want that come to be dependable no matter what your dog is doing or what is distracting them. Come can actually save their life if they are running towards danger. Come must always be a good thing. Even if your dog is outside, it's time for you to leave, your family is in a hurry, and everyone is stressed out that your dog isn't responding, when your dog finally comes, reward them. You can say whatever you want such as, “You are such a bad dog,” but you have to say it in a happy voice! If you were to yell or punish your dog for not coming, what they learn is that the last time you called me and I came I got in trouble.

Sometimes people are confused about how a clicker works in training. The clicker is to mark the behavior that you want. People think that the dog hears the clicker and then they will come because the dog wants a treat; however, you just clicked your dog for not coming. You marked the very behavior you do not want. The click would come when your dog is running to you, not before.

I start in a quiet room and call my dog, backing up as my dog is coming towards me,

which makes me more interesting. I give them a treat every time they come. If they are slow to approach you, be exciting—pat your legs and talk with an enthusiastic, happy tone. Use only the word come, don't add other words such as come here buddy. Consistency is very important when training your dog. They don't have a big vocabulary, and adding more words is confusing. You can also use a hand signal, such as a flat hand across your heart. I leave treats all around the house (high up where the dog can't get to them) so they are always handy when I call my dog. If my dogs are not in the room with me, I call them and give them a treat when they come. I might also have them sit so that we are practicing two things at the same time. You can also grab their collar when they come so they become comfortable having their collar grabbed.

Once they are doing well in the house, I let them outside. After they have sniffed around a bit, I say come, treat them, and then let them go back to sniffing around again. By repeating this several times, your dog never knows when their outside time is over and they are more likely to come. Always make a big deal about your dog coming to you, tell them how great they are—they love to hear it!

Now that they are doing very well outside in your yard, you will want to practice with more distractions. If you are going to work on training in a park, make sure to put them on a longline so that you still have control. A rabbit or passing squirrel can be too much of a distraction! Gradually increase the distance between you and your dog. If they have had a difficult time coming, when they do come, “jackpot” them! Jackpot is 2–3 treats, one at a time—throwing a party to reinforce the come.

Training your dog takes patience, perseverance, and remaining calm. If you feel frustrated, it's time to end training. Just as dogs get distracted, so do their trainers. Make sure you are prepared and not distracted by your phone or your environment.



**Cathy is the Executive Director and trainer at Faithfully K9 Service Dogs and Dog Training. Call 720-934-7378 or visit the website [www.faithfullyk9.com](http://www.faithfullyk9.com).**



## MOTHERS COME IN MANY FORMS

BY ANNE VICKSTROM

*“Mother's Day is a day to celebrate special women in our lives.”*

This month, as *Your Mountain Connection* celebrates Mother's Day, I have stopped to consider what that can mean beyond a simple mimosa brunch and a bouquet of flowers.

I'm one of the lucky ones; I still have my mother in my life. She lives only twenty minutes away, and we have the opportunity to spend several hours and several days each week together. Just a drive to one of her many activities, at 91 years old, gives us a chance to share our thoughts and our lives with each other.

And then, on top of that, I get to have others in my life who serve as surrogate mothers, older ladies who share their time and wisdom with me over periodic lunches and warm cups of coffee. I've always been drawn to the older generation. I've found that their slower pace slows me down, reminds me to take time to consider the whole, in the end helping me to make wiser decisions and realize what's truly important in life.

One friend in particular has been there for me when I've needed advice and I didn't even know it. Listening to my concerns, her patience endless, her cadence calm, she begins with a reassuring smile and then suggests a new perspective I might adopt. I find that weeks, months, and even years later, I recall her suggestions, like tools for me to use, and my frustration and anger morph into patience and understanding.

Another dear friend brings me laughter each time we visit. Her vibrant stories of her past and her future delight me. Along the way she has



*“In her wise way, she always asks about my family, my thoughts, my dreams and reflects on them so that I might have something to offer the next generation when I am a bit older.”*

dropped information I hadn't gleaned elsewhere—like don't refrigerate your tomatoes—who knew? This friend shares her highest joys and her deepest pains with me. When that foundation is laid, it opens the doors of communication wide, allowing me to be fully open with her. No judgment, great understanding, and the wisdom that comes with time.

A third friend has lived a life that is a “you couldn't write this stuff” experience. There is nothing more enjoyable than when she launches into one of her incredible recollections of her childhood that involved escaping from her former country with her family, or sailing across the Pacific chasing the boat she missed, or life with her husband and all that they gave

to our mountain community. And then, in her wise way, she always asks about my family, my thoughts, my dreams and reflects on them so that I might have something to offer the next generation when I am a bit older.

And while I love spending time with peers of my mother, I also treasure my time with friends closer to my age. With parallel lives of our children, discovering the joys of the empty nest, and finding our own wisdom, with them, too, we share motherly advice with each other. Perhaps the best part of having caring friends is that we know we're not alone. Time and time again, I'll casually drop something of concern or joy into a conversation and find that others are experiencing the same thing. When I feel overwhelmed, suddenly I have support, suggestions, and camaraderie.

Mother's Day is a day to celebrate special women in our lives. So whether she is in our blood line, a dear friend, or someone in our community, happy Mother's Day! You deserve to be celebrated!

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

COOKING CLASSES WITH...



# A Dietary Change, What?

BY TOM BECKER

I'm told that this is normal. I'm told that this is not a big deal, that it is precautionary. I'm told to be aware and to moderate. But, I'm this northern European type of cook: beef, pork, cream, and butter. I need a sauce, and where is the cheese?

I love to cook, and I love really good palate-intriguing food; it's what I do. Don't get me wrong, seafood can be fabulous and so fun to cook. And it offers so much creativity from a culinary standpoint. Remember that pecan smoked lobster stromboli I made in January? Perhaps not the "heart healthy" that the Doc has in mind. Gotta work on that. Poultry? I mean, beyond chicken and turkey. There's always duck. Is that within a heart-healthy diet? Well, with some study this morning, the answer is yes, under certain conditions. Remove the skin, as it contains enormous amounts of saturated fats. However, the fat within the meat contains a good amount of monounsaturated fats, which are known to reduce LDL and actually support heart health. Add to that, skinless duck breast has fewer calories than either turkey or chicken. But say goodbye to duck confit, Tom. Guess I'll need to play with this a bit.

Now, a Mediterranean diet has long been known as a healthy form of cooking. And I see real beauty in a pan of peppers, zucchini and eggplant tossed with some EVO, herbs and lemon juice. In fact, this makes me think of something that has not been made in my kitchen for a very long time. Originally from Provincial France, ratatouille nicoise is a coarse vegetable stew originating in the 1700s,

## RATATOUILLE

Olive oil, as needed  
4 garlic cloves, minced  
1 red bell pepper, diced  
Salt and pepper to taste  
2 T sugar  
Tomato paste as needed

1 yellow onion, diced  
1 green bell pepper, diced  
1 carrot, shredded  
Herbs de Provence to taste  
28 oz. can crushed tomatoes  
4 T fresh basil, chopped

1 Japanese or Chinese eggplant (thinner skinned, less astringent, long and narrow), 1/4" rounds  
4 Roma tomatoes, 1/4" rounds  
2 zucchini, 1/4" rounds  
1 T fresh thyme, chopped

2 yellow squash, 1/4" rounds  
3 T Italian parsley, chopped  
grated Parmesan, topping

Do all of your cutting and prep work first and set each item aside. In a 12" steel or cast-iron pan, heat 4T olive oil over medium heat and saute the onion for 2 minutes. Add the peppers and cook for 3-4 minutes, stirring until tender. Add the carrot, garlic, and Herbs de Provence and cook for another 2-3 minutes, stirring. Season with salt, pepper, and sugar to taste and lower the heat. Open the canned tomatoes (I use San Marzano tomatoes) and drain off the liquid. Place them in a bowl, crush them down, and stir them into the vegetable mix. Bring the mix to a low boil, reduce the heat, and cook 3-4 minutes, stirring. You want to reduce the liquid and make the base thicker. If desired, add 2 or 3 tablespoons of tomato paste and stir it in. Adjust the seasoning as needed. I like adding just a splash of red wine vinegar at this point, but start small and taste. Less is more!

created by farm families to use late-season, ripened vegetables. In the modern era, first published references to ratatouille seem to occur in the 1930s. Ingredients are much the same as mentioned in the Mediterranean diet, but with perhaps different seasonings. Featuring eggplant, zucchini, onion, tomato, capsicum and garlic, it can be a simple process of stove-top cooking in separate order to preserve the flavors of each vegetable before blending it all together. From an original Provençal approach,

If you're doing this in the oven, pre-heat the oven to 375; on your smoker set it to 200. For both the oven and smoker you can continue the preparation in the pan or transfer the base to a casserole. Smooth the base and layer it, alternating the vegetable rounds from the outside of the pan in, creating a colorful pattern. Give this a good drizzle of olive oil and a good sprinkle of the chopped parsley, basil, and thyme, and you're ready to go.



In the oven, cover the casserole or pan with a good cover or heavy foil and cook for 45 minutes; uncover, sprinkle with grated Parmesan, and finish cooking another 10-15 minutes. Remove from oven and let it sit a good 5 minutes before service or keep warm.

On the Traeger, place the uncovered pan or casserole on the grill at 200 degrees with super-smoke, if available, for 15 minutes. Remove it from the smoke and cover it with a lid or foil. Raise the temperature to 375 and return it to the heat. Cook for 40 minutes, remove the foil, sprinkle with grated Parmesan and cook uncovered an additional 15-20 minutes until the vegetables are soft and the cheese is melted. Let it rest before service.

An excellent protein to go with your ratatouille is a firm white fish. My choice is generally a grilled cod, which can be cooked at 375 while the ratatouille is resting, about 15-18 minutes. Enjoy!



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

**CALL THE ROOFING SPECIALISTS!**

**Enviro Roofing & Construction**

GUTTERS STEEL BUILDINGS SIDING

**303-953-7079**  
**enviroroofing.com**  
COMMERCIAL • RESIDENTIAL

MOUNTIAN RESIDENT OWNED  
Local, Experienced, and Professional  
**CALL NOW** For Your  
**FREE** Inspection and Estimate!

**PAVING SEALCOATING CRACK FILL**

**RESIDENTIAL AND COMMERCIAL**

**AMERICAN ASPHALT RESTORATION**

**BEFORE** **AFTER**

**303-586-5041**  
Mountain Resident Owned  
Over 10 Years Experience

Paving • Hot Tar • Asphalt • Tar and Chip  
Grading • Graveling Resurfacing • Milling  
Sealcoating • Excavating

# Conifer Chamber News

*“This year’s nominees represent the very best of Conifer, each contributing in meaningful ways through leadership, innovation, and service.”*



## Casino Night

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

Casino Night was an unforgettable evening filled with energy, connection, and community spirit, bringing together members and guests for one of the most anticipated events of the year. From the moment doors opened, the room buzzed with excitement as attendees stepped into a lively atmosphere of gaming, laughter, and celebration. With roulette wheels spinning, cards shuffling, and cheers echoing from the tables, it was clear that fun was had by all.

Beyond the entertainment, the evening carried a deeper purpose. Thanks to the generosity of attendees and sponsors, Casino Night successfully raised funds for the Conifer Chamber Scholarship Fund in partnership with **Bootstraps**. Adding to the impact, every dollar raised will be matched by **Generations Skincare**, doubling the support for local students and strengthening opportunities for the next generation. This spirit of giving is what makes the Conifer community so special, and Casino Night was a shining example of that shared commitment.

The evening also served as a time to recognize and celebrate the outstanding individuals, businesses, and nonprofits that make a difference in our community. This year’s nominees represent the very best of Conifer, each contributing in meaningful ways through leadership, innovation, and service.

Ambassador of the Year nominees included **Danna Johanson, Jessica Gentry, and Jacquie Cook**, all of whom have gone above and beyond in supporting Chamber members and fostering connections. The Rookie Business of the Year category highlighted rising stars such as **Ripple, Scenic Drive, Tuffy’s Playhouse, Taylor Family Dental, and Dawn’s Time**, each making a strong and positive impression in their early stages.

In the Business of the Year category, nominees included **Conifer Radio, Generations Skincare,**

**Handyman Connection, Conifer Counseling, and Altitude Financial Partners**, representing a diverse group of established businesses dedicated to excellence. Home-Based Business of the Year nominees **Thrive in Wellness, Image Marketing, Wild Iris Marketing, Triumph Electric, and My Mountain Town** showcased the innovation and entrepreneurial spirit thriving within the community.

The prestigious Norman F. Meyer award nominees **Docia Boylen, Jodi Dolph, Sharla Wright, Carla Mink, and Mindy Hanson** were recognized for their exceptional leadership and lasting impact. Meanwhile, the Non-Profit of the Year category honored incredible organizations including **Resilience 1220, Conifer Community Nest, PeaceWorks, Bootstraps, and Conifer Community Church**, all of which play vital roles in supporting and uplifting the community.

In addition, the President’s Award added a special and meaningful recognition to this year’s celebration. Selected by last year’s President of the Chamber Board of Directors, **June McKenzie**, this award honors a member who consistently contributes to the Chamber, demonstrates long-standing commitment, and often works behind the scenes to support the success of others. It is a tribute to the quiet leaders who make a lasting difference in ways that are not always visible but are deeply impactful.

While Casino Night was the perfect kickoff to the celebration, the excitement continued as winners were officially announced at the Awards Dinner on April 23. Together, these events not only celebrated achievement but also reinforced the strength, generosity, and connectedness of the Conifer community.

Beth Schneider  
Executive Director  
Conifer Area Chamber of Commerce

If you have any membership questions, please contact the chamber office:  
[director@GoConifer.com](mailto: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](http://www.goconifer.com)



**Norman F. Meyer Award**  
Docia Boylen

**Business of the Year**  
Handyman Connection

**Home Based Business of the Year**  
My Mountain Town

**Rookie Business of the Year**  
Tuffy’s Playhouse

**NonProfit of the Year**  
Conifer Community Nest

**Ambassador of the Year**  
Jacquie Cook

**President’s Award**  
Denise Bromberger

# Evergreen Chamber News



## A Night to Remember: Celebrating Our Community Stars

BY ERICA SPRENKEL

There are moments as a new Chamber President that stay with you, and hosting *Night with Our Stars* for the first time will always be one of mine.

This event is more than an awards ceremony, it’s a celebration of the people, businesses, and nonprofits that make our community thrive. To stand in a room filled with such passion, generosity, and local pride was truly inspiring.

An evening like this doesn’t happen without incredible support. My sincere thanks to our sponsors: Title Sponsors, 1st Colorado

Roofing and the Caldwell Insurance Agency (an American Family Insurance agency); Scholarship and Dessert Auction Sponsor, Sohum Financial Planning; Program Sponsor, Mr. Electric; Bar Sponsors, Savvy Advisors and Van Gogh Painting; and Community Sponsor, 1st Bank. We also appreciate Elevation Inflation for the balloon display, Evergreen Rentals for glassware, and Sound Mountain Entertainment for bringing energy to the dance floor. Your support helps us build a vibrant and connected community.

Thank you to our Chamber board, staff, and volunteers who brought this evening to life.

As I reflect on my first Night with Our Stars, I am filled with gratitude and excitement for what’s ahead.

As always—Shop, Support, and Love Local.



This year’s honorees represent the very best of leaders who show up, give back, and make a lasting impact.

*Congratulations to our 2025 award recipients:*

**BUSINESS OF THE YEAR:**  
The Wild Game Entertainment Experience

**YOUNG PROFESSIONAL:**  
Jacquie Cook, Suz Cookie Jar Rescue Bakery & Bites

**NEW BUSINESS OF THE YEAR:**  
Chillax Om Natural Health & Longevity Center

**PEOPLE’S CHOICE:**  
The Wildflower Cafe

**NONPROFIT OF THE YEAR:**  
Boogie Benefits

**JOHN ELLIS MEMORIAL CHAMBER CHAMPION:**  
Cory Vander Veen, Executive Director EPRD

**LEADERSHIP EVERGREEN LEADER OF THE YEAR:**  
Cory Vander Veen, Executive Director EPRD

Follow us on Facebook.  
Visit our website [EvergreenChamber.org](http://EvergreenChamber.org).  
Call us anytime 303-674-3412.

# Literary Mama

BY KAARSTEN TURNER

Mama. Ma. Mom. Mommy. Mother. Madre. Mama Bear. Mama K. My boys call me all of these things. This is often followed by, can I have some money for lunch? I love you. Will you call me out of class at 2pm? Can you pick me up at 6? Do we have any food? I brought you some ice cream.

Anna Maria Jarvis, born in Taylor County, West Virginia (1864–1948), was the founder of Mother's Day in the United States. Turns out her mother had frequently expressed a desire to establish such a holiday, and after her mother's death, Jarvis led the movement for the commemoration. However, as the years passed, Jarvis grew disenchanted with the growing commercialization of the observation and even attempted to have Mother's Day rescinded. Joke's on her, I guess, because here we are, celebrating motherhood and maternal bonds all across the world.

In certain traditional branches of Christianity, the holiday is strongly associated with revering the Virgin Mary. In Islam, the Prophet Muhammad said, "The Paradise is beneath mothers' feet." In Hindu tradition, Mother's Day is called "Mata Tirtha Aunshi" or "Mother Pilgrimage fortnight," and the holiday is observed on the new moon day in the second month of the lunar calendar.

I did a little research to better understand how most moms want to spend Mother's Day. The top three are: time with family, relaxation, and a day off from tending to the home. My favorite way to spend Mother's Day is time with my boys. They are, after all, the reason I am a mother. They are also my most favorite folks in the whole wide world.



*"My favorite way to spend Mother's Day is time with my boys. They are, after all, the reason I am a mother. They are also my most favorite folks in the whole wide world."*

One of my favorite books is *Beloved* by Toni Morrison. My oldest son read the book this year at Conifer High School and asked with genuine confusion, why? The themes are bleak. It is based on the true story of Margaret Garner; Sethe is the character in the novel who escaped slavery, was captured, and chose to kill her child rather than see her returned to bondage. In the book motherhood is a fierce and all-consuming force. In contrast, slavery is motherless. Children were often sold or traded, separately from their parents.

I have been divorced for seven years, and the time away from my children still feels raw. I've found all kinds of ways to make peace with separation, intellectually and emotionally. But all that work, all that pain and healing, the fracture in the motherhood, I don't think it will ever go away. I think Sethe and I would've been friends. She is known for saying things like, "I don't care what she is. Grown don't mean a thing to

a mother. A child is a child. They get bigger, older, but grown? What's that supposed to mean? In my heart it don't mean a thing." Sethe also said, "To love anything that much was dangerous, especially if it was her children she had settled on to love." The narrator described her as "The best thing she was, was her children." I do understand why my son was perplexed by my adoration of the novel and super happy to see it on my kitchen counter. I don't expect him to ever understand. The story is both painful and healing, a lot like being a mother.

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

# Evergreen Animal Protective League Announces Acquisition of Future Forever Home

The new facility, located at 3951 Evergreen Parkway Access Road, will house offices, supplies center, and our beloved Thrift Shop. **Opening Early Fall 2026!**

We are thrilled to announce that the Evergreen Animal Protective League (EAPL) has officially acquired a new campus which will serve as the permanent, forever home for our organization, a milestone more than four decades in the making.

Founded in 1981, EAPL was organized with a singular mission: to aid lost, abandoned, and suffering animals through rescue, shelter, and education. Since that time, the League has provided a better life for thousands of cats, dogs, and other pets, and that mission has never been stronger.

The new facility, located at 3951 Evergreen Parkway Access Rd, Evergreen, CO, 80439, is slated to open in early fall of 2026. This space will consolidate everything EAPL needs under one roof: our administrative offices, supply center, and the community favorite EAPL Thrift Shop.

Kelly Burns, President of the Board for EAPL, stated, "The new space is a labor of love that will see us into the next 45 years and beyond. Aside from a place for the Thrift Store, we foresee a location for fundraisers, adoptions, and community events. While we remain a foster-based organization, it will be wonderful to have a place to call home."

### A THRIFT SHOP WITH HEART

The EAPL Thrift Shop is a beloved Evergreen community institution—quirky, quaint, and wonderfully eclectic, with merchandise of all kinds. Whether you're hunting for the perfect seasonal or holiday item, searching for that special one-of-a-kind piece, or simply picking up everyday necessities, you'll find it here. And every single dollar spent goes directly to EAPL and the animals in need.

### FOREVER STARTS HERE

For EAPL, this building represents far more than a new address. It is our Forever Home—a permanent foundation from which we will continue to serve the animals and community of Evergreen for generations to come.

To support EAPL and help make this exciting new chapter possible, donations can be made through our PayPal account at EAPL.com or by scanning the QR code below. To donate by check, please make it payable to EAPL and mail to: EAPL P.O. Box 2517 Evergreen, CO 80437.



### ABOUT EVERGREEN ANIMAL PROTECTIVE LEAGUE

The Evergreen Animal Protective League (EAPL) was organized in 1981 to aid lost, abandoned, and suffering animals through rescue, shelter, and education. Since its founding, the League has provided a better life for thousands of cats, dogs, and other pets in the Evergreen, Colorado, community and beyond.



**Media Contact**  
Kirstin Garcia, Social Media Coordinator  
303-674-6442  
eapleevergreen@eapl.com



1000+5 star reviews on google!

## Nourish Your Soul

Locally Owned, Family Operated Since 2007  
100% Organic, handcrafted skincare & wellness products.

(Next to Papa Murphy's & BMO Bank)

## Heart Centered Products, Yoga, Music & Healing.

Shop organic skincare, CBD & wellness products!

## NEW CBG Vitality Full Spectrum CBG Hemp Extract

**35% OFF & FREE STARTER**  
Try a starter size of one of our best-selling products! Choose from No More Aches, Eye Cream, Face Cream, CBD, Lip Balm & more!  
Email required to redeem at purchase. Valid on Taspens' & Dragonfly products only. Not valid with other promotions. Expires 2-28-26  
Your Mountain Connection

- ✓ Whole Body Wellbeing
- ✓ Balanced Energy
- ✓ Focus & Mental Clarity
- ✓ Gut-Brain Harmony



Colorado owned & operated

303.816.0429  
Taspens.com  
Dragonflyhempcbd.com

25797 Conifer Road  
Conifer, Colorado  
80433.

*Taspens*  
HEALING CENTER  
*Yoga & Music*  
Open Daily See website for more details!  
TaspensHealingCenter.com  
**Transform Your Life!**  
720.576.6129  
Offering a variety of yoga classes, workshops, ceremonies & healing modalities to help raise your vibration & bring the body, mind & spirit into balance.

**Crystal Bed or EVOX Sessions**  
Change your perception, change your life!  
Sound, Light & Vibrational healing!  
30-45 min sessions available!

**Ion Foot Detox**  
Boosts the immune system | Improves sleep patterns | Helps with energy levels | Helps with detoxification | Improves wellbeing!

**\$15 OFF Ion Foot Detox**  
**40% OFF Crystal Bed or EVOX Session**  
Email required to redeem at purchase. Not valid with other promotions. Expires 5-31-26  
Your Mountain Connection

# CALENDAR OF EVENTS

May 1-9



**StageDoor's Senior Company performs SHREK, The MUSICAL!** Friday, Saturday, and Sunday evenings at 7 pm, with Saturday and Sunday matinees at 2 pm. Reserved seating tickets \$25, or \$20 for seniors, students, and educators. Book and music by David Lindsey-Abair, music by Jeanine Tesori, based on the Dreamworks motion picture and book by William Steig. Family-friendly performance with light innuendo, all ages welcome. Director Kelly McAllister, music director Collin Sinclair, choreographer Arianna Olivarez, and stage manager Jacob Frye. [www.stagedoortheatre.org](http://www.stagedoortheatre.org).

Stagedoor Theatre is a 501(c)(3) nonprofit community-based theatre, open to everyone.

May 2



**Sculpture Tours**, 10:30 am. Each month features a different route. May's tour will focus on the lower Buchanan Park (meet outside Rec Center). Learn about the sculptures and their creators. No RSVP needed, walking required (approx. 1 hour), all ages welcome. [evergreenarts.org](http://evergreenarts.org)

May 2

**Join us at Evergreen Lake House for a night of comedy!** Local and nationally-known comedians, a cash bar, and finger food. <https://www.evergreenrecreation.com/2026-05-02-comedy-night-evergreen-lake-house>

May 5

**Evergreen Newcomers and Neighbors sponsors Evergreen Speaks!** 5:30-6:30 pm at Evergreen Christian Church, 27772 Iris Drive, in Evergreen. Free event featuring Lindsey Breslin, Executive Director of Resilience 1220.

May 7, 14, 21, and 28

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

May 7, 14, 21, and 28

**For horse lovers of all ages, TrailBlazers Class**

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

May 7, 14, 21, and 28

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

May 8

**Join Center For the Arts Evergreen for our monthly Creativity, Coffee & Conversation (CCC) for mountain area seniors!** From 1:30-3:30 pm, we offer the opportunity for artists, writers, and arts appreciators (aged 55+) to gather and find connection through art.

May 8-17



**Ahoy there! Join us aboard the S.S. American where ANYTHING GOES.** The Venue's talented youth company performs this wacky shipboard farce featuring romance, intrigue, and colorful characters. The score is by Cole Porter, including favorites such as; "You're The Top," "It's De-Lovely," "Friendship," "I Get A Kick Out Of You" and, of course, the title number! The show runs May 8-9 and May 15-16 at 7 pm, and May 9-10 and May 16-17 at 2 pm. Tickets are \$15 to \$25 and can be purchased at [www.thevenue.com](http://www.thevenue.com). And don't miss out on SUMMER CAMP. We're still enrolling 3rd through 9th grade students for this fun and inspiring experience, including acting, singing, dance and puppetry!

The Venue Theatre is located at 27132 Main Street, #K-100 (near Safeway), and is a 501(c)(3) non-profit, whose leadership has a combined 55 years of professional theatre experience, and which welcomes everyone!

May 9

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

May 14

**Red Rocks Hike**, 9-11 am. Join Mountain Area Land Trust (MALT) and Denver Mountain Parks (DMP) for a guided and informational hike at Red Rocks Park. Free, register at [savetheland.org/events](http://savetheland.org/events)

May 14

**Conifer Area Chamber Membership Meeting** at Our Lady of the Pines, 9444 Eagle Cliff Road, in Conifer. Doors open at 7 am for networking and the meeting runs 7:30-9 am.

May 2026



May 6

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

May 10

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

May 13

**Dru Yoga** 5:30-6:30 pm. 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.

May 20

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

May 21

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

May 29

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

May 29

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

**PeaceWorks, Inc.** offers a complimentary Community Wellness Program as part of our advocacy for personal wellbeing, healthy relationships, and safe homes. All are welcome. Attend in person at Taspen's Dragonfly Studio, unless otherwise noted. Register [www.taspenshealingcenter.com](http://www.taspenshealingcenter.com) under Events, or online (Zoom details on website) [peaceworksinc.co/events](http://peaceworksinc.co/events)

one and a water bottle.

May 27

**Dance Party** 5:30-6:30 pm. Step into a vibrant sanctuary of sound and movement at our community wellness dance party, where Sabrina and Brenda invite you to shift from performance to presence. This gathering encourages you to drop out of your head and into your heart, using the rhythm as an anchor to deepen your connection with each intentional breath. As the music builds, you'll find the space to shake off stagnant energy and enliven your spirit. It's a rhythmic celebration designed to leave you feeling grounded, radiant, and authentically connected.



Experience the 152nd Kentucky Derby without leaving town!

## Kentucky Derby Party!

Saturday May 2nd

The Wild Game in Evergreen

\$30 per person

Games!

Food & Drinks!

Prizes!

Silent Auction!

Best Hat Contest!

and Much More Fun!

Thank You for Your Support!  
ResqRanch.org  
ColoradoGives.org/organization/ResqRanch

Saturday, May 2nd - 1:00-5:00 PM

### Live at The Wild Game

1204 Bergen Parkway, Evergreen, Colorado

Get dressed up, enjoy the party, AND support the ResqRanch! See you there!

Submit your calendar events to *Your Mountain Connection* via Marty Hallberg ([news@yourmtnconnection.com](mailto:news@yourmtnconnection.com)). Calendar Events are published as space allows. Information must be received by the 10th of each month prior to the actual date of the event.

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



*THE BARN*  
AT EVERGREEN  
MEMORIAL PARK

26624 N. Turkey Creek Rd., Evergreen, CO  
303-674-0556 | [thebarn@evergreenmemorialpark.com](mailto:thebarn@evergreenmemorialpark.com)  
[www.TheBarnatEMP.com](http://www.TheBarnatEMP.com)

*Evergreen Memorial Park*

Funeral Home. Cemetery. Crematory.

303-674-7750

Be Green In Evergreen

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

**"NATURAL BURIAL"**

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

303-674-7750 • 26624 N. Turkey Creek Rd, Evergreen, CO 80439  
[www.EvergreenMemorialPark.com](http://www.EvergreenMemorialPark.com) • [www.PetsatEMP.com](http://www.PetsatEMP.com)

# BUSINESS SERVICES

## GET NOTICED!

\$60 per space per month

## Call 515-326-2672

**ACCOUNTANT**

**Jesse James, CPA**

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

**720-220-8099 • www.JHJ-CPA.com**

**APPLIANCE REPAIR**

**LARK**  
APPLIANCE REPAIR

**(303) 656-9032**  
WWW.LARKAPPLIANCE.COM

Appliance Repair  
Gas Fireplace Repair  
Gas Fireplace Cleaning  
Dryer Vent Cleaning

**ASPHALT SEAL COATING AND PAVING**

**Josh Wutschke**  
owner  
American Asphalt Restoration

Office: 303-586-5041  
Cell: 303-261-7740

P.O. BOX 9206 Denver, Co 80209

**BATH REMODEL**

**Mountaintop Bath Remodeling**  
in Conifer

Your local custom kitchen, bath, cabinetry, countertops, custom closets, tile, and so much more company! Come see our beautiful showroom — available by appointment only! Licensed and insured.

Contact us for a complimentary no obligation estimate!

**303-495-5328** www.mountaintopbath.com

**HEATING AND AIR CONDITIONING**

**Pace & Sons**  
MECHANICAL INC  
Service & Installation

- HEATING
- FORCED AIR
- AIR CONDITIONING
- INDOOR AIR QUALITY
- BOILERS
- MINI SPLITS
- WATER HEATERS
- VENTILATION
- WHOLE HOUSE ATTIC FANS
- SWAMP COOLERS
- WHOLE HOUSE GENERATORS

**Financing Available 720-898-4700**

**HOME CONCIERGE**

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

**EVERGREEN**  
Home Concierge

Lori Dyche (303) 517-6180  
www.EvergreenHomeConcierge.com

**INSURANCE**

**FARMERS**  
INSURANCE

**Matthew J. Thomas**  
2922 Evergreen Pkwy #B206  
303.674.2475  
mthomas@farmersagent.com

Registered Representative, Farmers Financial Solutions, LLC  
3881 Agency Road, Ste. 1, Agency Hills, CA 91201-2004  
Member 1066 & 575

**IT TECHNICIAN**

Craig LaGrow  
IT Technician & Coach

720.732.2500  
craig@evergreencomputers.com  
evergreencomputers.com

**PEST CONTROL**

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

We treat your home like we treat ours

**719-203-7282 • www.apestcontrolco.com**  
**720-370-5076 • apestcontrolcompany@gmail.com**

**REAL ESTATE**

**HOMES & LIFESTYLES OF COLORADO**

Thinking of Selling? **SAVE THOUSANDS!**  
FREE CONSULTATION!  
**720-226-8199**

BUY | SELL | HOUSE CALLS

**Kathryn L. Carlson, Broker | Owner**  
27+ Years Selling Locally | Kathryn@HomesLifestyles.com

**ROOFING AND CONSTRUCTION**

**Enviro Roofing & Construction**

**Josh Wutschke**  
OWNER

P.O. BOX 9206 Denver, CO 80209 enviroroofing.com Office: 303-953-7079 Cell: 303-261-7740 roofingjosh@gmail.com

**SERVICES**

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

**AARON MADAMA 720-254-5536**  
Aaron@all-mountain-services.com

**TREE SERVICE**

**PAC MAN TREE SERVICE**

TREE REMOVALS  
MITIGATION  
CHIPPING

**C: 720.217.3110**  
**H: 303.838.3942**  
"Krzy Karl"

**VACUUM SERVICE SUPPLIES**

NEW Vacuum Sales  
Authorized Repairs  
FREE Estimates

**303.674.4803**

30456 Bryant Dr  
Evergreen  
Mon-Fri 8-5

**WATER CONDITIONING**

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

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

**Robert Spencer** rspencer37@gmail.com  
**303.907.7711** 29105 Pine Rd.  
Evergreen CO. 80439

\$60/mo 3/mo minimum



*Design Service Available*

**COLORADO  
FURNITURE**

**303-838-4669**

**Fine Furnishings and Local Artisan Gallery**

*Customize Something Uniquely You!*



**Unique  
Items  
Arrive  
WEEKLY!**

**Discover our 10,000 sf SHOWROOM**

10853 US HWY 285, Suite D  
Conifer, CO 80433

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

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



# GRANT AUTOMOTIVE

**Expert Car and  
Truck Repairs**

**Diesel Emissions  
Testing**



Bring your vehicle  
to someone you  
can trust:  
**Ben Grant  
and his team  
at Grant  
Automotive!**

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

## REPAIRS • ALIGNMENTS • TIRES



**Ben Grant, owner**

**Office Hours:**

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

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

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

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

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

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

In addition to having the latest equipment, they can take care of all recommended mileage services for vehicle warranty, specializing in late-model fuel-injected cars and trucks. Diesel repair and Emissions testing are also offered.

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

**PLEASE CALL  
303-697-0225**

**TO SCHEDULE AN APPOINTMENT  
and visit [www.GrantAutomotive.net](http://www.GrantAutomotive.net)**

19356 Goddard Ranch Court

Morrison, Colorado 80465

303.697.0225

all major credit cards accepted



Proud member of the  
Better Business Bureau



**5 stars from Bruce, a verified customer:**

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