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JULY 25

return to the
70's

JULY 26

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GRUPO TRIBE CO, BOOGIE MACHINE



EST. 2013
CONIFER, CO



goyish bagels



— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



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

What if the Medicine Stopped Working?

“Your animals are counting on you to keep asking questions.”

Imagine watching the creature you love most in the world slowly fade away, and the medication that was supposed to help has stopped making a difference. You’ve done everything your vet told you to do. You’ve filled every prescription, kept every appointment, and spent more money than you care to admit. And still, your beloved companion is suffering. That’s exactly where one of our new clients found herself last winter with her beloved little dog.

Her pup had been diagnosed with Cushing’s disease, a hormonal condition where the body produces too much cortisol, leaving dogs lethargic, pot-bellied, constantly thirsty, and prone to infections. The conventional medication had worked, for a while. But then it didn’t. The side effects were mounting, the symptoms were returning, and the other vet had run out of options to suggest.

“I felt completely lost,” she told me, sitting across from me in my office with the dog’s bloodwork and records spread on the table between us. “I loved this dog more than anything, and I felt like I was watching him disappear.”

She had heard about our integrative animal wellness approach and decided to come in for a second opinion—a step she almost didn’t take because she was afraid of it being a waste of time and money. Instead, we sat down together for a full consultation. We talked about the dog’s entire history, his lifestyle, what he was eating, how he was sleeping, and how he was moving.

What I found was a dog whose body had been under tremendous chronic stress and whose diet was doing absolutely nothing to support his liver, his adrenal function, or his immune system. Commercial kibble, no matter how expensive the bag, was simply not meeting his needs at this stage of his life and illness.

I formulated a custom plant-based whole food diet specifically for the dog—built around anti-inflammatory ingredients, liver-supportive herbs, and adaptogenic botanicals that help regulate cortisol naturally. We added a carefully selected herbal protocol, as well.



We didn’t hear from her again for several weeks, and quite frankly sort of forgot about the case since most of our clients call or email us nearly daily. I figured, she probably thought I was nuts and went somewhere else.

After about six weeks, my staff brought me a message about a client reporting she was so happy with the results she was absolutely ecstatic. I scratched my head and had to look at the file to recall the patient, and then was stunned to get such a glowing report from someone who had only been to see us once!

She reported he absolutely loved the new diet, his symptoms were all reduced, his coat looked better than it had in years, and he was playful and happy, like a puppy again.

She did not make a followup appointment. She didn’t need to. The dog is doing great. And I could not be more pleased! That’s my goal, to make it so you don’t need us as much.

Although we always say we believe in miracles, this case is really not. It is what happens when we stop treating symptoms in isolation and start treating the whole animal—accounting for nutrition, stress, environment, and the body’s own remarkable healing intelligence.

Whether your pet is dealing with a chronic diagnosis, allergies, unexplained lethargy, digestive issues, or you simply want to give them the best possible foundation for a long and vibrant life—integrative animal wellness can change everything.

So, if you have ever felt like your vet has run out of options for dealing with your pet’s chronic condition, that is the time to give Aspen Park Vet Hospital a call to start benefiting from this whole-body philosophy.

And, for those of you who share your life with horses, we have something very special coming this summer that we don’t want you to miss.

We are hosting our 3-day Positive Reinforcement Horse Training Clinics at ResqRanch this summer—immersive, hands-on experiences built around the same whole-being philosophy we apply to all of our animal work. These clinics are rooted in science-backed, force-free training methods that deepen the bond between you and your horse while creating lasting, confident behavioral change.

Whether you’re working with a green horse, a rescue with baggage, or a seasoned companion who has developed some challenging habits, these three days will transform how you communicate, how your horse responds, and how you show up for each other.

Spots are limited, as every participant receives personal, hands-on attention throughout the clinic. This is not a spectator event—it’s an experience. Check out the details on the ResqRanch.org website. The dates are:

June 26–28
July 17–19
August 7–9 (SOLD OUT)

If finances are a concern, we do have a limited number of scholarships available for both adults and kids. Just send a letter to our email, info@resqranch.org, telling us how much of a scholarship you need, and why you are deserving of it.

Finally, if you have a pet and you are not too sure about what your vet is telling you, a pet who deserves more than the standard answers—please reach out. A second opinion has never hurt anyone. And for one person, it changed everything.

Your animals are counting on you to keep asking questions. We’re here to help you find the answers. Thanks for reading, and God bless! Dr. Q and the crew of Aspen Park Vet and the ResqRanch.

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

— KELLER WILLIAMS FOOTHILLS REALTY —

We Are One

BY LISA PLUMMER SMITH



This Independence Day, let us celebrate all living things. May we allow them to thrive, may we protect the most vulnerable, and may we take care of one another. We are all living on a spinning planet and trying to thrive. Everyone deserves food, shelter, and drinkable water. You, me, the stars, the earth, nature, animals—we are all connected by our universe. Please let us work together towards the greater good for all as we celebrate July 4th this summer.

There are SO many things I love about summer in the mountains. Waking up in the morning to the light coming through my window, I rise earlier, sometimes catching sight of pink clouds on my way downstairs. I let the dog out, then prepare my tea to steep and open the door to the deck. I breathe deep as I step out and greet the outdoor plants. My cats rub against my legs as I croon good-kitty sounds to them. My animals are like family, I talk to them as they follow me throughout the day, providing a special kind of comfort. I put off looking at my phone at first, savoring the peace of the morning and the quiet of my

home. I put on soothing music to ease me into my day, settle with my tea, and only then do I address the phone, seeing if there is anything that needs my immediate attention. Next, my dog comes and gives me “the look,” and I prepare for the first walk of the day. She knows the routine; when I say the “W” word, she happily goes into a down dog pose in anticipation. Animals can understand many words and get used to our patterns; they are such wonderful companions. The fluttering of the aspen leaves, the cheerful birdsong, a glimpse of the sun dappling through the trees—we take it all in. My body falls into a

familiar rhythm, and happily I meander as my dog follows her nose. I notice the movement of the grass and the coolness in the air. Nature grounds me somehow, and this ritual sets the course for my day—propelling me onto my next task with fresh enthusiasm. How can it be July already? The elk and deer are grazing heartily and look sleek and healthy. The grass is tall, and life somehow seems a little lighter. Friends gather, meals are simpler, and time spent outside freckles my skin. Dirt under my nails gives me a special satisfaction, and I find tiny scratches on my arms and legs: good ol’ fashioned summer fun. If I can take a walk mid-day, I choose the woods for the shade. Raised in Alaska, I prefer the cool to the heat, and seeking shade is a habit of mine. While walking I stay aware and scan for animals; if I see one I take it as a gift and try not to disturb it. My eyes are trained to also notice a special rock or an elaborate patch of moss. I like to stop to rest my hand on the bark of trees, silently thanking them for their service. This is my happy place! Fostering a sense of awe for all the life around me brings me peace. I breathe in and look upward. The sky so blue, with the fluffy white clouds in contrast, brings me comfort. The afternoon thunderstorms let cooler temperatures flow down the mountain behind my house. I welcome this coolness and like to kick off my shoes to ground to the earth and let my mind reset. I have come to enjoy making myself a healthy dinner. I give myself a virtual gold star for self care, and I smile. I have been trying intermittent fasting for about 6 weeks now, and I eat between 12–6pm; it seems to be helping with inflammation. Water, stretching and movement are essential to feeling good. My favorite time of day is what I call pink cloud time of night when the light changes to amber and the clouds turn pink, getting

brighter moment by moment. My dog senses the time of day if I am distracted and will come give me “the look” again, adding a whine if necessary, wanting her sunset walk. We both unwind, enjoying the coolness of the evening. We walk a route that captures the best view of the sunset over the mountains. As a Realtor I work from home and set my own schedule. Without structure, my days can get away from me. These simple routines help regulate my emotions, lift me up, and bolster my resilience to life’s challenges. I pray we can find a way to end the polarization of our nation and work to preserve our earth for future generations.



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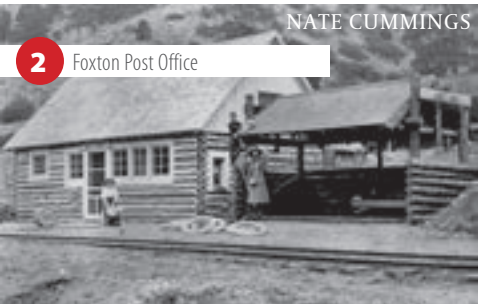
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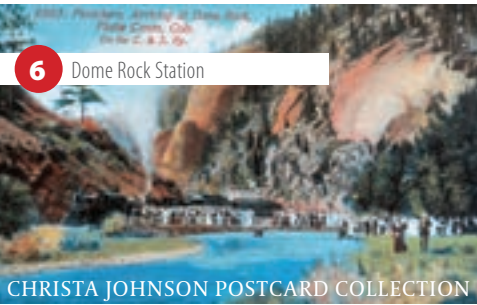
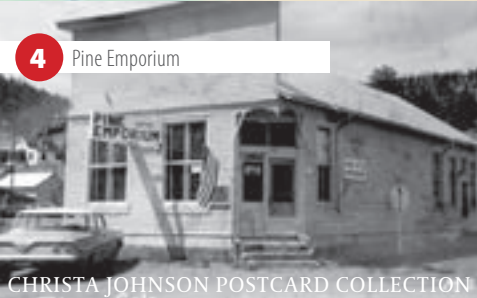
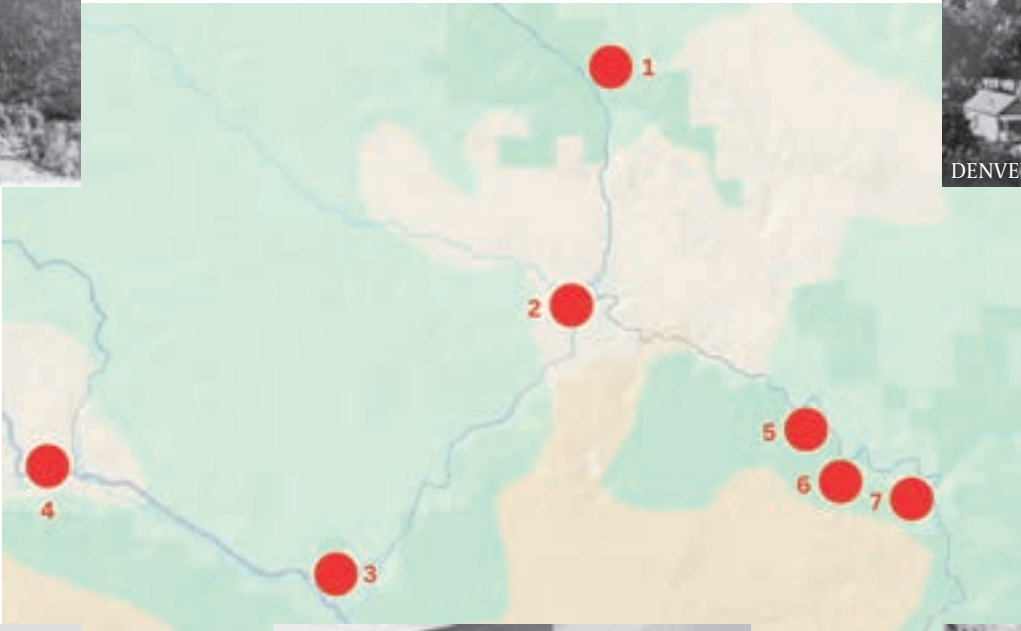
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connection to the past

CHRISTA JOHNSON POSTCARD COLLECTION



CHRISTA JOHNSON POSTCARD COLLECTION



CONIFER HISTORY TOUR

BY CHRISTA JOHNSON | CONIFER HISTORICAL SOCIETY & MUSEUM

Part 2 of 2

It's the perfect time of year for a Conifer History Tour!

There's nothing quite like traveling the local roads, wondering what the area looked like 100+ years ago, while following a tour route of historic places from your car or in your mind.

FOXTON ROAD AND WEST ON PLATTE RIVER ROAD

1 IDYLEASE RANCH

From the junction of 285 and Foxton Road, drive 5.8 miles to Reynolds Park Open Space, park in the campground parking lot on the left and hike the beautiful ranch. Originally the Reynolds homestead, this property was later expanded with land from the Rutledge and Shepperd homesteads. It was named "Bar Lazy T Ranch" and then "Idylease Ranch" when it operated as a dude ranch, accommodating 40 guests with 14 cabins and a lodge (the family home). Visitors enjoyed fishing, horseback riding, croquet, hiking and tennis. It is now Reynolds Park Open Space on Foxton Road. The original cabins are no longer there, but the home serves as the park manager's residence.

2 FOXTON POST OFFICE

Continue down Foxton Road, turn right on Platte River Road and drive 1.1 miles to the post office on your right. You cannot enter the post office, but barred windows provide a glimpse inside. The town of Foxton was established in 1876 and was initially known as Park Siding due to the park-like nature of the area. Its name was changed to Foxton in 1909, the same year that its post office was built. That structure is now listed on Colorado Preservation Inc's Most Endangered Places list, but some stabilization has been done. Foxton was a stop on the Denver, South Park and Pacific Railroad line that followed the South Platte River, and its access to the railroad contributed to development of the area. The road that passes the post office was once the railroad track bed.

3 J.W. GREEN MERCANTILE

From the Foxton Post Office, drive 3.5 miles farther on Platte River Road to the mercantile on your left. Walk through the historic building, pick up some ice cream, check out the old post office still in use today and view the collection of historic photos on display. This store, located along the North Fork of the South Platte River, was the largest in the greater area and carried nearly anything—dry goods, groceries, clothing, boots and shoes, queen-sware, glassware, paints, oils—and also housed the post office and was adjacent to the train depot. It was originally built of wood in 1883 but burned in 1897 in a fire that destroyed many buildings in Buffalo Creek. Although the Greens owned two lumber mills, they were convinced to rebuild with granite in 1898, and it's survived ever since. The granite, cut into 18" squares, came from the Geddes & Serrie Stone Company, four miles away in the former town of Argyle, which also supplied the granite that built the Brown Palace in Denver.

4 PINE EMPORIUM

From the mercantile, turn left on Pine Valley Road and drive 3 miles to Pine Grove and the emporium on your right, where you can browse for vintage treasures and antiques and view historic pictures of Pine Grove. Built by Pine Grove Founder Charles Dake in 1898, the store was originally known as the Pine Mercantile. It sold hardware, feed for area livestock and gear for Elk Creek fishermen who arrived on the "Fish Train" from the South Park Line of the railroad. Fruit, vegetables and meat were also sold—kept cool with ice cut from Crystal Lake. After Charles' death the store was run by his son Albert and daughter-in-law Pearl, and later by Warren and Ginny Larson. Today it sells vintage and antique items, and limited edition Bucksnot posters.

FOXTON ROAD AND EAST ON PLATTE RIVER ROAD

5 WESTALL MONUMENT

From the intersection of Foxton Road and Platte River Road, turn right and drive 2.5 miles to the stone monument located in a pullout on the right. The plaques are faded, but they will be restored soon. This monument erected by the Ancient Order of United Workmen (AOUW) and plaques created by Conifer schoolchildren are dedicated to a brave railroad engineer who sacrificed his life in 1898 to save 450 passengers traveling on the South Park Line. The story says that during a trip back to Denver he discovered the tracks were blocked by sand and gravel and slowed the train to minimize the impact of the collision. He was pinned in the wreckage and died later that night, quoted as saying, "Tell my wife I died thinking of her," leaving behind a wife and 6 children. The crash occurred approximately 1 mile west, and the monument was erected here to create easy access to train passengers stopping at Dome Rock.

6 DOME ROCK STATION

After the Westall Monument, continue on Platte River Road for approximately 1 mile and look for the dome rock formation on your right across the river. Bring carrots for Ethel. A rail station was located in this vicinity along the South Platte River and the South Park Line that ran from Denver to Gunnison. This popular stop along the "Fish Train" had a footbridge that led to a grassy area for picnicking and a viewing deck on the mountainside. The bridge was actually close to the Westall Monument. Today, the Dome Rock neighborhood remains, with a number of cabins and a well-known donkey named Ethel. Although the tracks, bridge and deck are gone, the rocks remain spectacular.

7 SOUTH PLATTE HOTEL

From Dome Rock, continue down Platte River Road for approximately 1 mile to the hotel on your right and a parking lot on your left. The hotel is not accessible to the public, but you can hike or fish at the confluence. Built in 1887 by the Zang Brewing Company, the South Platte Hotel was located along the South

Park Line at the confluence of the north and south forks of the South Platte River. It had 14 rooms, and the surrounding town included a post office, train platform and later a full train depot and saloon. Rail visitors came for day trips, fishing excursions and escapes from the summer heat. The original building burned in 1912 when a stagecoach driver went on a rampage, shot several people and set fire to the hotel. After being caught by a posse, he shot himself; the hotel (the current structure) was rebuilt in 1913 and remained open to the late 1960s.



Conifer History Tour

Part 1

If you would like to revisit Conifer History Tour Part 1, from our January edition, or any article from a past publication, visit our website at www.yourmtnconnection.com and download the PDF.

Thanks to Christa Johnson and the Conifer Historical Society and Museum for providing this month's Connection to the Past article. The mission of the Conifer Historical Society is to share the region's legacy by collecting, preserving, and exhibiting historical and cultural materials. www.coniferhistoricalsociety.org



I'm Just Sayin'...

July 2026 — Art

Jeff Smith owner/publisher

You can find great art everywhere in our communities. Galleries and shops display the work of many local artists. The musical form of art is also everywhere at festivals and local venues. Get out there and enjoy all the talent we are lucky enough to have up here.

The 4th of July this year is very special. It is also our 250th birthday as the USA. There will be many festivities, so help us all celebrate this great event.

Hey, The Park is open in the old SnowPack space in Conifer. Great food, libations, dogs welcome, and live music. Stop in!

You know those octagonal red signs that say STOP on them? THEY MEAN FOR YOU TO STOP!

Avalanche – What can I say? They blew it big time. The best hockey team in the NHL got swept by the team that lost the Stanley Cup to the Hurricanes. We'll be back next year, but it will take a while to get over this one.

Rockies – Just another Rockies year. They do have a lot of injuries, but so do other winning teams. Maybe the new 40% owners who have unlimited money and actually want to win will have a positive influence next season. Too late this year!

Quackadilly says:
"An artist can not fail; it is a success to be one."
—Charles Horton Cooley

There Are Some Changes Taking Place in our Towns

BY JEFF SMITH



Steve Larson, owner of Evergreen Vacuum, is retiring after over 22 years in business. Steve offered his professional services to all of us in the foothills; we wish him the best in retirement and thank Steve for his ads every month for years.



Laurie and Tim Ward are also going to retire after almost 43 years as owners of The Village Gourmet gift and kitchenware shop. They have the best candy counter in the area, and we will all miss their great inventory of gifts and kitchenware. Good luck to you both, and thanks for all your loyalty in advertising over many years.



Also Jeff and Gail Brodsky have moved to Texas. Who? Well, you should know them for their amazing non-profit work in starting and running Joy International for many years worldwide from Bailey. Joy International's mission is the rescue of children and women who have been abducted for sex trafficking. They have rescued over 2000 of these individuals over the years and now operate all over the world. You probably have known Jeff as the guy who went barefoot for years to bring attention to their cause. The nonprofit continues under Jeff's supervision, but he has had to become less active due to health issues. He now has to wear shoes, too. We all wish Jeff and Gail the very best and thank them for all they have done.

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August theme: Back to School

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 July 16. Call 515-326-2672.



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Navigating Your Medicare Milestone: A Helpful Guide to turning 65

BY ED REGALADO

Turning 65 is a big milestone. And as that big day approaches, your mailbox starts overflowing and your phone rings daily with high-pressure Medicare offers. Choosing your Medicare path can feel overwhelming, and it gets confusing trying to figure out all the moving parts and determine the best way forward. In this article, I hope to help demystify some of the process for those of you with Medicare newly on your radar.

Original Medicare, sponsored by the federal government, is broken into two main parts. Part A, hospital insurance, is provided at no charge to nearly all taxpayers. Part B, which covers doctors, labs, equipment, and outpatient services, carries a monthly premium. The Part B premium for most is \$202.90 in 2026; higher-income individuals pay more. Original Medicare will cover roughly 80% of an individual's medical expenses for the things it covers.

So, what does one do about that other 20%, and what about prescription drugs? This is where things get interesting.

When you're first eligible for Medicare, unless you're already collecting SS benefits, you have to enroll during your enrollment window, which starts 3 months before your birth month and ends three months following it, at: ssa.gov. If you need help with this, I'm happy to assist.

Your two main options when choosing a Medicare plan are: stick with the original Medicare government plan and add a Medicare Supplement/Medigap plan to make up for that 20%, and then find another plan to handle your prescriptions (PDP); or transfer over to a Medicare Advantage plan, which is a lot like the



“Regarding Medicare, there is no such thing as one-size-fits-all.”

private health insurance plans you're already accustomed to, each with their own perks and limitations. Advantage plans are required by law to cover at least as much as original Medicare provides, and they generally provide more—usually within a limited network of providers. Most Advantage plans in our area are \$0 premium plans.

If you choose to stick with original Medicare and add a Supplement plan, you will pay the premiums for Medicare Part B, the Supplement plan, and another stand-alone Prescription Drug Plan. This path is generally the most expensive monthly premium option, and it also provides

the highest level of coverage with the most flexibility of covered options one could elect.

When it comes to Medicare, there is no such thing as one-size-fits-all. That's why working with a local independent broker matters. Unlike a captive agent who works for one specific insurance company, I work directly for you. My job isn't to push you toward one specific path; instead, I'm here to help you navigate all the options and find the plan that makes the most sense for you according to your individual needs. Best of all, my services are entirely free to you. I'm happy to consult with you by phone or in person at my office at Stone House in Evergreen. If I can help, please give a call!

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.

— THE SASQUATCH OUTPOST —

The Sasquatch Chronicles

BY JIM MYERS

Every now and then, you come home from an adventure and can honestly say, “Well, THAT was a god-awful trip.” This particular expedition started with all the ingredients of a memorable weekend. Four campers, all proud Baliens, were signed up and excited to spend a few days in the wilderness searching for Sasquatch. The truck was loaded, the camping gear was packed, and anticipation was running high.

Then, the night before departure, things took an unexpected turn. One of our guests somehow managed to scratch her eyeball. By morning, she was in so much pain that she had no choice but to cancel. Oddly enough, I had experienced a strange feeling several days earlier, a sort of premonition that she wouldn't be joining us. I never mentioned it to anyone, but as events unfolded, the feeling proved accurate.

Thankfully, my longtime crew member, Steve, was able to come along, and that turned out to be a blessing in more ways than one.

We arrived at camp, got everything set up, and settled in for what seemed like a promising weekend. Steve prepared a fantastic meal, and later that evening we headed out for a walk through the darkness, listening to the sounds of the forest and hoping for signs of our elusive quarry. I felt great and was optimistic about the days ahead. That optimism didn't survive the night.

The next morning, I woke up feeling absolutely miserable. Now, there are plenty of uncomfortable places to be sick, but camping in the middle of nowhere ranks near the top of the list. I'll spare you most of the details and simply say that a shovel became one of my most important pieces of gear. I had no appetite, very little energy, and—though I didn't realize it at the time—I was becoming dangerously dehydrated.



The following morning, it was time to break camp and head home. I tried to help, but I suspect I was contributing more confusion than assistance. The guys graciously picked up the slack while I did my best to stay upright.

The real trouble began on the drive back to Bailey. Without warning, I was hit by the most severe muscle cramps I have ever experienced. Within minutes, numbness spread through my

neck, chest, and arms. It became obvious that something was seriously wrong.

I pulled the truck to the side of the road and actually lay down on the ground next to it, hoping the symptoms would pass. Fortunately, Steve was traveling behind me and stopped immediately to help. Together we discovered that the town of Kremmling has a small hospital, and that's where we headed.

The emergency room staff wasted no time. I was hooked up to an IV almost immediately. Blood tests revealed that my electrolyte levels had dropped to dangerously low levels. Magnesium, potassium, calcium—you name it, they were pumping it back into me. The doctors decided to keep me overnight for observation, just to be safe.

Thankfully, the treatment worked, and I recovered without any lasting issues.

So, what lessons did I learn from this expedition? First, never underestimate the importance of hydration. Second, if you're feeling sick in the backcountry, don't try to “tough it out.” And third, when Steve offers to come along on a trip, say yes.

As for Sasquatch? He remains as elusive as ever. And thus ended what can only be described as the worst camping trip of my life.

Check out the store and museum at 149 Main Street in Bailey. You can contact us by writing to: info@sasquatchoutpost.com

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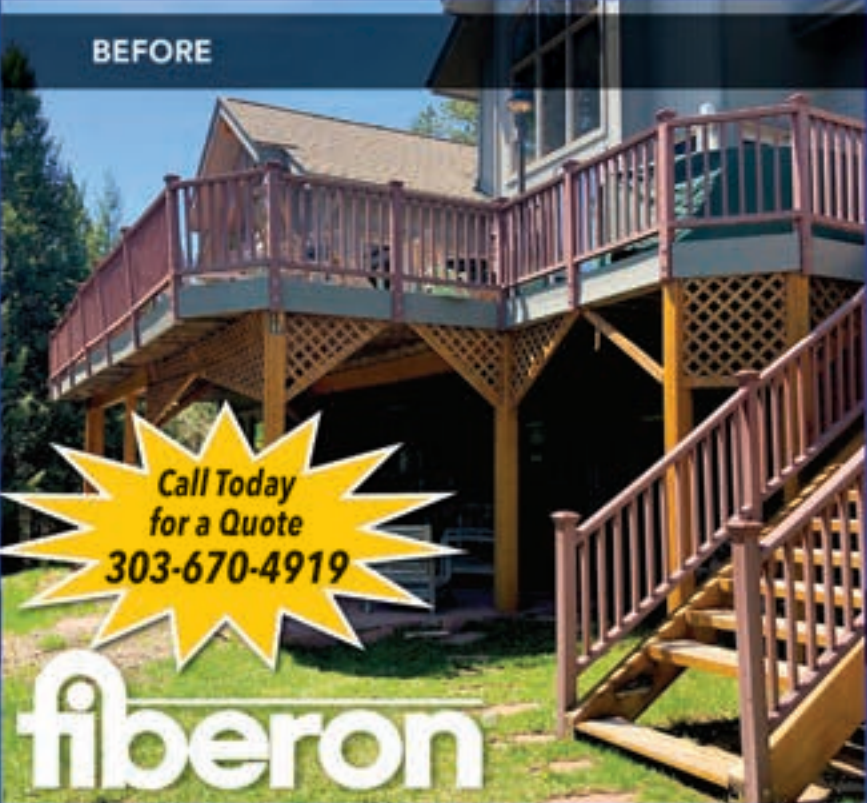
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A Table, Guitar, and Bottle

BY KAARSTEN TURNER

Some folks who know me might tell you Art is my muse, and summer is my mistress. For the purpose of the words on this page, let's frame art as this: any form in which an expression or application of human creativity, skill, and imagination creates something that other people can experience through their senses; a medium for storytelling, expression, and reflection. The academics say there are seven major art forms: painting, sculpture, architecture, literature, cinema, theatre, and music. It's a good summer when our days are filled with all of these things.



*“Art is my muse,
and summer is
my mistress.”*

Almost forty years ago, I spent four years studying in Northampton, Massachusetts. The New England town is a quintessential landscape with the Mount Tom and Holyoke ranges rising just beyond the southern border above the Victorian rooftops of Main Street, the Connecticut River cutting a gap between them. At the top of the hill, just steps away from live music venues, public art, bookstores, independent shops, and restaurants, there was a house named Duckett, named after Eleanor Shipley Duckett, philologist and medieval historian and professor; she was one of the first women to receive a degree from Cambridge University, a devout Anglican who enjoyed detective novels, gardens, and cigarette smoking. I lived there.

The view from the front steps and across the street was the Smith College Museum of Art. The design of the building, more modern than most, extended itself out across an atrium creating a tunnel. To get to the main campus every day, I would walk across the street, through the atrium, and past the museum. The space became a silent backdrop of energy and expression on my way to those ivy-covered brick buildings where I would focus on my own version of art and my study of literature.

During those four years, the stories on the page and the stories in the images unfolded on themselves, layering complexity into the world.

I remember one painting I would visit frequently. In 1932, the museum purchased a 1919 painting by Pablo Picasso, titled “Table Guitar and Bottle.” While it became one of my favorites, it wasn’t because the image wasn’t obvious, nor was it because I found the image particularly striking. In this painting, Picasso shifted his attention away from creating an illusion of a three-dimensional space and focused instead on flattened, abstract forms. He freed a table, guitar, and bottle of their volume, reduced them to their simplest shapes and forms, and then put them back together on the canvas. It takes some time to see those things, and I appreciate how the forms provide a way for the painting to free itself from replicating how objects appear in the world by inviting us to view them from different angles. A table, guitar, and bottle become something else entirely.

Life is like that too. Perhaps we are really allowed to see things when we free ourselves? So, back to my muse and mistress, to art and summer. Longer, warmer days mean there is ample time for lingering and reexamining the places around us. Perhaps it is hearing the bridge of a song differently or reading a poem for the first time. Is there a sculpture you had failed to notice before? A book you’ve been wanting to read and didn’t have the time? Art gives us an opportunity to view things from different angles.

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

A Skeptic’s View

Opinions May Vary
BY GARY LOFFLER

“Why do some people stick with what is an obviously bad choice?”

Marty and I went out to dinner the other night, and it was an interesting experience. We had eaten at the place before for lunch and I was not impressed, but a couple friends said that their evening menu was better. Turns out this was not the case. My food was terrible, while Marty’s was okay. To be fair, I did order two items that require a deft touch at the stove; however, if your cooks are not up to the task on a particular item, it is best to leave it off the menu.

I could go on to document the culinary sins of the restaurant, but that is not the point of this article. As it turns out, it is very popular and has been in business a long time. Undoubtedly they have a loyal clientele that would not be amused by my comments on the place. To that end, I have no interest in naming either the restaurant or the particular menu items I struggled through. Nor am I implying that my taste buds are so refined that any misstep by the chef will ruin my meal. I believe most of the menu items at the place are solidly “okay,” and that the regulars there really enjoy their dining experience.

Let’s talk about the clientele who stick with the place. If there are better food alternatives out there, why do some people stick with what I believe is an obviously bad choice? Counterintuitively, I think the quality of the food is not the first reason people go to a restaurant. Location and ease of access are important for some, while ambiance and decor matter more to others. Another key factor could be familiarity of both the menu and the waitstaff. The proliferation of rather bland fast-food joints supports the notion that quality of food is a low priority for restaurant choice. The point I am trying to make here is that my reason for disliking a place applies to me and not necessarily to other people. However, if I were to go on a rant about how awful my experience was, I would certainly anger someone. In fact they might take my culinary observation as a personal insult. We all



*“Life is constantly changing, and that can be pretty frightening,
but can also be pretty wonderful.”*

remember the lessons learned in Lilliput. (One of the few classical references I know is Jonathan Swift’s *Gulliver’s Travels*, wherein our hero finds himself in a land at war over whether it is better to crack a soft-boiled egg on the big side or the little side; and I am not passing up this chance to use it.)

Why would someone get upset about another person not liking their taste in restaurants? To be fair, not everyone does; but the people who do take it personally can get quite upset. Rationally, when someone offers up a different opinion, it usually makes sense to give them a listen. In reality it is far more common that

a different opinion is dismissed out of hand, sometimes angrily. Some might take anything that disagrees with their position as a personal insult. They also often tend to feel like they need to defend their group, whatever that group is. This can make it difficult for members of that group who have a more moderate stance, because you are more likely to be willing to dismiss a stranger’s opinion than a friend’s.

In the case of a restaurant, this is not a big deal. As mentioned, there are lots of valid reasons for loyalty, and a single point is not going to change that. But this is not the only instance where loyalty to a product or idea keeps people

from finding better alternatives. Take can openers for example. Almost everyone still uses the same pincer can opener that their parents used, despite there being a much better alternative. The safety can opener works better, lasts longer, and does not create sharp edges. While I have not scoured the local stores looking for safety can openers, when I have looked I have not been able to find them.

A much bigger concern is Microsoft Windows. People know this is a terrible program and complain about it all the time. As an example, during the install process it offers you the option of creating an advertising ID and warns you that not using this ID will not decrease the number of ads you see, it will only make them less relevant to you. Again, there is a viable alternative for most people (Linux) but almost no one changes over. In fact even the mention of it can cause panic.

Then there is sports. People get into brawls over favorite teams. This one is beyond me; I don’t follow popular sports and have no allegiance to any team, so the notion of that much anger about the outcome of a game confuses me. My choices for sports viewing are bicycle racing and disc golf, and I try not to ramble on about them.

Sometimes it is good to be a little introspective, to just look at some of your preferences and try to decide if they are what is best for you or if they are the price to belong to your group. Perhaps some of your choices were originally made long ago and have not been reevaluated. Maybe you eat the same foods out of habit. We don’t often like to admit it, but life is constantly changing, and that can be pretty frightening, but can also be pretty wonderful. Sometimes it is a good idea to sit down and reconsider old habits in light of a changing world. Many will still hold true, but some will hopefully change for the better.

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Penny for your thoughts Here and There

BY PENNY RANDELL

Juba here. In that my mom visits Africa all the time, we thought you might enjoy hearing a little bit about that place...



How exciting to have the chance to open your heart enough to allow a distant land to sweep you away. Keep in mind that all the while you will be inundated by an alluring culture unlike anything you have ever known, that has somehow survived hideous atrocities and maintained much of its traditional roots. Comparing and contrasting an American community that’s located in Colorado’s Rocky Mountains with a major city in Uganda, East Africa, can be enlightening and life-changing. The obvious differences, such as climate, basic social customs, and communication in general are rousing; but to incorporate the subtler practices that increase cultural divides is worth a more engaging assessment and understanding.

In most of Africa, success is measured through number of accrued family members. The larger the family, the better your chances of survival. Here in Uganda, polygamy is legal and gracefully accepted as the norm. If a man has three wives instead of just one, he can produce many more children, and perhaps receive better care when he is old. With that said, it is a known fact and fairly accepted that this country in general is considered to be “a man’s world.” No, women here know nothing about chivalry, and often

trail behind the man when walking. There are no opening of doors or opportunities for the woman to be placed first. However, it’s the woman who must earn school fees for the kids. It’s the woman who literally carries the load.

Here efforts to maintain order and extreme cleanliness are never-ending. When these folks clean, they go deep. Gardens are kept immaculate, as workers use reeds to brush away fallen leaf litter and produce a ground covering of well-swept earth and grass. Most hotels are maintained by female housecleaning crews who scrub floors on their hands and knees, six days a week. Each room is dusted and polished every day, and the bathrooms are left spotless. Too, the people themselves are usually clean and appropriately dressed for the occasion. That alone remains outstanding, for clothes are washed by hand in the front of a cottage, a maze of individual cement enclosures, or mud huts called home.

The typical African’s tone of voice is particularly inviting. Ugandans speak ever so softly and rarely yell. Their ears are trained to discern the slightest of sounds, picking up on everything that surrounds them. Unlike Americans, even exuberance is a bit muffled, and the art of listening is keen. People here don’t make much effort to be noticed. People are rarely looked down on due to the clothes they wear, and school children are required to wear uniforms. That’s not to say folks don’t show what they’ve got. Of recent times, more and more ladies are adorned with colorful, designer-like bags.

Manners are instilled from the start. Many children kneel when approaching an adult and are exceedingly quiet and attentive to their family elders. Often the restaurant server precedes food delivery with a basin and water to wash your hands. Sometimes, they repeat the process after the meal is concluded. Eating with one’s hands is common, although the use of forks, spoons, and knives is much more prevalent in the city. Occasionally an intoxicated person will make a public appearance, but they are pretty much tolerated, if not ignored completely. Toothpicks are offered at every table and when used, they are concealed by covering the mouth with a hand.

Ugandans are gentle people, yet straightforward when announcing their desires, requests, and curiosities. White people, known as mzungus, are always the target of requests for financial assistance on all levels, and folks are not shy when they state their expectations. Somehow, they are progressive enough to join the cell phone generation and wise enough not to indulge in addictive substances like tobacco. Most have an insatiable appetite for news and read the paper daily. Strikingly, no one appears to act as though they feel superior to anyone. The familiar member of parliament, government official or anyone else is not revered from a distance. Even their president is approachable by the common citizen. Age is never an issue. Socially speaking, it’s equal rights for all.

Moving on to the subject of time, we encounter major variances that turn the Rocky Mountain model inside out and upside down. This is Africa time, and to us it smacks of an absence of schedules. In addition, all city roadways are dangerously congested at all times, and jams happen every day and everywhere. These practices can alter a cheerful disposition, for as the hours pass by it’s a challenge to not become befuddled, irritated, and without recourse. It’s a hard pill to swallow, but little if anything can be done.

But that’s OUR viewpoint. What about THEM and the positive values of lax time? Ugandans take time seriously, but on the other end of things. Tomorrow might not come. Because of this, relationships are rapidly established and words are caringly stated. Just imagine standing on Kampala Road (major city roadway), holding hands with someone you just happened to meet, answering questions and making plans to meet again. These introductory solicitations of sentiment take time. Establishing these relationships is key, for chances are they will last forever, if you allow.

Traffic in Kampala, the capital city, is pretty much impenetrable. There are few street lights and no lane-dividing lines, and drivers routinely challenge one another, pass, and force you off to the side...if there is a side. Although the police are out and about, there just aren’t enough to assist and disperse the onslaught of cars, mini-vans used for taxis, broken-down vehicles that should never be allowed on the road, and thousands of boda bodas, motorcycles used for transport. In short, there just aren’t enough roads.

No doubt some of these drivers are the best in all the world. To maneuver in such tight quarters takes pure guts and lots of knowhow. The boda bodas wind among halted cars like fast-moving snakes, assuming they won’t be crushed. But somehow kindness is alive on the streets. This is crucial and prevents “knocks” and deaths. On the other hand, pedestrians have few rights. It’s up to the person who is “footing” to figure a way to manipulate the jamming, and that means patience, much luck...and a wary eye.

Sadly though, cultural standards, social norms, and well-established laws are forever engulfed in, and answer to, the contagion of theft and corruption. Much of Uganda’s population knows desperation all too well, and struggles daily to stay afloat. Here all efforts and resources combined might earn you a dollar...or not. Women perform backbreaking assignments while on the job and receive no more than a fraction of what they should. There are ever-increasing school fees to gather, many diseases to fight, and the threat of robbery that lurks even in the clear light of day. But through all this the insistent belief and mantra that God will provide is ever present, reassuring and comforting to all, no matter the situation.

Americans by and large go to any extreme to create lasting peace of mind. Mental therapy is the norm, and prescription drugs for conditions like depression and anxiety fill the medicine cabinet. Opinions rule! To be well-liked is central, and the need for this can challenge individual core beliefs, thus influencing and altering behavior. In America it is said that if you end your life with three true and trustworthy friends, you are lucky.

Seemingly everyone could gain from a dose of Ugandan culture. This is a society of acceptance and forgiveness. This is a nation of hope and heartfelt dreams that routinely sustain the drive for peace of mind. Truly, in the midst of what might appear to be doom, gloom, and chaos, Ugandans cheerfully rise and make the most of every minute of every day. Indeed, these charming, fun-loving, forever smiling people must be recognized for their worth. Known as the Pearl of Africa, Uganda remains forever buoyant and a powerful force that fosters a happy heart to all who receive their light.

We hope you enjoyed this and hope you get to Africa someday. It’s truly a magical place!

National League of American Pen Women

Celebrating Creative Women Across the Nation since 1898

BY DIANE CHAMBERS AND MARION MIKE



ALL PHOTOS BY DIANE CHAMBERS



NLAPW Denver Branch May 27, 2026

Since 1898, thousands of women artists, writers, musicians, sculptors, and choreographers have found friendship, creative inspiration, and a new sense of purpose in their lives, being members of the NLAPW. While the NLAPW headquarters resides in the historic Pen Arts Building in Dupont Circle of Washington, D.C., there are 58 branches of the NLAPW thriving in 35 states.

The NLAPW’s headquarters, the Pen Arts Building and Art Museum, located at 1300 17th Street NW, is steeped in history and once served as the home of Robert Todd Lincoln, Abraham Lincoln’s oldest son.

The organization’s roots go back to the 1890s, when women’s contributions to journalism

and the writing craft were not being treated equally to the works of their male counterparts. One such journalist, named Marian Longfellow O’Donoghue, the niece of Henry Longfellow, wrote for newspapers in Washington D.C. and Boston, and sought to rectify these inequities; she organized a group of seventeen professional women writers who shared concerns around libel, copyright laws, and plagiarism, and believed that women should be fairly compensated for their work. These women established a progressive press union, aiming to aid and advise each other and further their careers. Their association grew in numbers, and in 1921 they became the National League of American Pen Women.

Today, the Denver Branch of the NLAPW is

thriving. We stand out among the 58 branches in the country, noted for our creation of the “Tapestry for Peace.” This magnificent work of art was inspired by a former Denver Branch member, the late Eve Mackintosh. In 2006, during the Biennial Conference of the National League of American Pen Women in Denver, Colorado, we proudly displayed the 264-foot-long “Tapestry for Peace” in the Rotunda of the State Capitol building.

Thanks to virtual technology, women from across the state of Colorado can be active members of our Denver Branch. We offer workshops and intensive critique groups, and participate in community outreach projects. The *Pen Women* magazine, published quarterly by the national organization, features contests, awards, and

recent accomplishments and works by members of the League.

The Denver Branch welcomes guests to our Zoom meetings, held on the first Saturday of every month, and to our occasional in-person events. We encourage women with credentials who meet the criteria to join the NLAPW. We can be found at www.denverpenwomen.org Until then, come meet us in person at one of the craft fairs at Heritage Todd Creek Clubhouse on July 11th, August 22nd, or September 19th in Thornton, CO, from 8:00 am to 12:00 pm.

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

Dogs, Dogs, Dogs

Scoop the Poop!

BY CATHY KOWALSKI

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

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

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

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

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

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

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

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

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



Cathy is the Executive Director and trainer at Faithfully K9 Service Dogs and Dog Training. Call 970-591-3205 or visit the website www.faithfullyk9.com.



A VALUABLE LESSON LEARNED

BY ANNE VICKSTROM

“We don’t need to leave home to experience nature’s wonders. We simply need to stop long enough to let nature reveal its beauty, splendor, and calm.”



My father was a 1960s hard-working guy. He not only worked the full workweek but also often went to the office on Saturday mornings, returning to us midday for some family fun. I realize that, despite working so hard, he knew how to turn off the business noise once he was home, and he taught my sisters and me to appreciate the little things, like a trip to the mountains to take in the scenery and the fresh air, and get a bit of exercise.

I’m lucky to have married a man who is also a hard worker and who taught our children the same lesson: making time to enjoy nature. All three of our grown children make time for enjoying the outdoors.

When my husband and I recently were able to get away, off to see new sights, I focused on the gift of a precious element that doesn’t often seem available at home—Time. Time to sit. Time to watch a film. Time to read a book. Or, like one particular morning, time to sit quietly and watch what happens around us.

One morning, I found myself in a most unusual situation: my husband was still sleeping, while I was awake; he always beats me to the morning, but he rose a bit too early, opted to lie down, and fell back asleep. I snuck outside onto the patio, at the edge of the desert. The once-green hill, which previously had been pretty to look at, was brown, reminding me that when in Arizona’s desert, the hot sun and no water make hillsides brown.

As I sat quietly in the warming, but still comfortable air, sipping on a cup of tea, I saw the place as it was before it was planned. I came to see how critters who have been nudged and relocated from their homes have adapted to remain living where we, of the selfish human world, have invaded.

The doves seemed most at ease with us, bobbing their heads as they pecked for anything of sustenance in the rocky layers, grass, or on our patio, where crackers remaining from the night before enticed them to move close. They popped near me, keeping an eye out for any movement, and when I remained still, they made their way confidently around me. One was so confident, it made its way into the bedroom, where my husband had to rescue it and set it free.

Next, I noticed several bunnies. (I won’t call them rabbits, although that is exactly what they are, because they are far too cute not to be called bunnies.) They nibbled on grass, froze their movements to determine any threat, then hopped closer at my stillness. Ignoring me as I stood to get the camera in a better position, they nibbled on plants closer to the patio. Just beyond, explosions of earth suddenly shot several inches into the air, catching my attention. I didn’t move my camera, I just watched as more

and more earth was piled beside a small hole. Finally, a little grey head showed itself, making the dirt fly farther from its workplace, but it never gave me the satisfaction of showing all of itself that I wanted to see.

I settled back until something on that dry patch of grass across the way caught my eye. Oh! I was filled with delight! My favorites! Quail. If you don’t know these desert delights, let me encourage you to look them up—request a video. They move spastically, yet always with purpose and determination. I watched one approach another, only to find the “another” chase the “one” back up the hill. Quick as a lick, it returned to what I then saw was its mate, and their little gaggle of little ones. I couldn’t count them all as they scurried across the grass, a happy family out for the weekend! They went so fast, I nearly lost them in my camera’s viewfinder; they scurried onto the rocks, where only a following eye could locate them. I wondered how far they fled in the next few moments.

Other birds appeared, colorful and happy to land in trees. Black, iridescent varieties that I had to ask AI to identify. More funny bunnies, a few more piles of dirt, and my husband came out to join me. He patiently watched my videos, but I could see that they meant more to me, who had witnessed the shenanigans, than to someone who had just awakened and was viewing what he had missed.

As we sipped coffee and tea, and the day warmed a few more degrees, I looked up when movement caught my attention. I stood, pulling out my camera as I did, ready to capture what I might, and declared, “It’s a roadrunner!” It was too fast for me to capture it on my camera.

Even as I wrote this tale of the way my day began that day, I was visited by another bunny, a butterfly, more quail with their funny little “hats,” an orange bird that certainly didn’t need to fly after seeing how briskly he hopped past me. I know there were lizards, snakes, and other creatures I didn’t spot. And darn if two quail weren’t strolling along as I typed this, and I didn’t have a camera nearby. I just had to remember them.

After all the nature I experienced that day, I made a promise to myself. When I return to my beautiful mountain community, I’ll take time to stop and see what’s outside my back door. Summer is finally here, so I’ll sit outside, to possibly spot a deer, an elk, a hummingbird, or even those darn woodpeckers. I’ll take a walk and stop and rest, not to catch my breath, but to listen to what is all around me: all that I too seldom stop to take the time to just let nature come to me.

We’re lucky to live in our mountain communities where we don’t need to leave home to experience nature’s wonders. We simply need to stop long enough to let nature reveal its beauty, splendor, and calm.

Happy Father’s Day to all those men who teach their children what’s important in life!

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... CASTLES & KITCHENS

Food Drives the Truck

BY TOM BECKER

“Food trucks and carts are a major player within the food industry today.”

Many of you know that career number one found me on the road, singing and playing guitar. And the stories to be told. I’ve shared a couple in the past when writing here in *Your Mountain Connection*, and here is another occurrence from the early 80s. I was working a duo, and my partner Bill and I had just finished a week on Lopez Island up in the Puget Sound of Washington. On the day of departure, we took the early morning ferry back to Anacortes, and before hooking up with US 2 and heading to some gigs in Montana, we stopped for gas and bad food for the road. It was just on the east side of Stevens Pass, at a little pullout, when Bill had me pull over, park, and pop the hood of my Bronco to warm our foil-wrapped sandwiches on the engine block. It wasn’t the first or last time. Guess you could call it a primitive food truck, but such was the life of a 1980s road musician. Decades later I did indeed have a food cart, which was also primarily parked at a pullout at the side of the road, but no engine block was involved. Food trucks and carts are such a major player within the food industry today, and I still play with the idea. For a year after Tanglewood, I had a cart. Nothing gourmet or sexy, just sausages, dogs, and easy conversation. Everything was a bit out of the box and different, and the repeat customers were daily. But having a cart or a truck is so much more than a roadside gig. Fairs, events, concerts, and festivals are the places to be; after all, they are fun and profitable.

A little history for you: Portable food service can be traced back to the late 1600s when New Amsterdam began regulating street vendors who sold food. Yeah, regulations and food safety way back then. It was in 1866 when the chuckwagon was created by Charles Goodnight, and the chuckwagon was specifically designed to provide a method of feeding cowboys on the



long cattle drives of the day. In 1872, Walter Scott offered horse-drawn wagons in Providence, Rhode Island, to serve coffee and pie to night workers. The 1890s found carts and wagons, commonly known as dog wagons, serving food at both Harvard and Yale. In 1936, Oscar Mayer introduced the Wienermobile; and then in the early 50s, surplus military vehicles were converted into lunch trucks known as roach coaches. It was in 1974, in Southern California, when Raul Martinez converted an ice cream truck into the very first taco truck, and it changed things entirely. The “gourmet truck revolution” took off in 2010 with shows like *The Great Food Truck Race*, a favorite of mine, and the use of social media for marketing propelled the food truck from a simple street-side snack and sandwich venue to a high-end culinary experience. If you’ve not seen it, look for the movie *Chef*, a 2014 release depicting a fine-dining chef who leaves his Los Angeles restaurant for a journey of discovery in Miami. He creates a food truck and ventures back to LA on a cross-country trip, selling his new find, the Cubano, or Cuban sandwich. Great film! Today, the industry depends on high-end product, culinary innovation and palate-pleasing temptations. Food trucks and carts are what you want to

discover. They can be personal and, when done correctly, incredible food sources.

As a musician, an event coordinator, a chef, and a Conifer Rotarian, it’s only natural to be a part of an annual community fundraiser held each year at Our Lady of the Pines in Conifer. The 7th annual ConiferFest takes place on Saturday, July 11th. Gates will open at 11am with a \$5 admission, and it features a day of community partnership, food, beverage, and an amazing array of live music. As you wander the grounds, take advantage of our many vendors offering arts, fashionables, home improvements, community updates, information, and so much more. And as you walk and talk, I’m certain that you’ll feel your tummy starting to beg for the source of the culinary aromas floating across the field. You will definitely find your food of choice from the many food trucks and carts: Slife’s Devil Dogs, Rocky Mountain Wraps, Ramblin’ Dough Wood Fired Pizza, Ripple Soft Ice Cream Company, BBQ on the Bayou, Yazis Tacos, Kona Ice, and Hooks and Holes. Oh, but what’s to drink, you ask. Come to our Rotary beverage tent and enjoy your choice of beer, wine, margaritas, and seltzers at \$8 each.

So, there you are under the tent or out on the grass with a slice of pie, a yummy taco, a rib, or

something sweet along with a cold beverage, but what’s next? How about some of the best music you’re going to hear, starting at 1:00 with the Americana sounds of The Midday Sons, then on to the rock of Trouble Bound, a Cars Tribute from Double Life, and concluding with more rock from Bush League, this is a day to dance, sing, and celebrate.



As are the funds collected from the Rotary Peach sale, funds from ConiferFest go to support the 285 Early Literacy Project, the 285 Backpack Project (post-secondary scholarships for both college and trade programs), as well as community grants and projects. Thank you all for supporting this event. Spread the word, and let’s enjoy this day in our mountains!

Cooking Classes with
CASTLES & KITCHENS
Join us! We offer hands-on cooking classes in our Conifer kitchen. Browse classes on our website www.castlesandkitchens.com or contact Francesca or Tom at castlesandkitchens@gmail.com.

Mark Your Calendars for Coniferfest!

ConiferFest returns this summer for another day of live music, local flavor, and community connection. Hosted by the Rotary Club of Conifer, the 7th annual ConiferFest will take place Saturday, July 11, 2026, on the scenic field next to Our Lady of the Pines Church.

Festival gates open at 11am, welcoming guests to spend the day enjoying everything that makes this mountain community special. Attendees can explore a wide variety of vendor booths featuring local artisans, handmade goods, businesses, and community organizations. A diverse lineup of food trucks will also be serving food throughout the day, offering something for every appetite. Guests are asked to leave outside food, alcohol, and coolers at home.

Live music will once again be the centerpiece of the festival, with an afternoon lineup designed to keep the energy high and the atmosphere fun and relaxed. This year’s entertainment includes Bush League, a Denver-based band performing crowd favorites from 80s classic rock through today’s hits. Double Life, a tribute to The Cars, brings together some of Denver’s top musicians to celebrate one of the most innovative bands of the 70s and 80s. Festivalgoers can also enjoy The Midday Sons, a Colorado Americana, alt-country, and new-grass jam band known for both original music and covers. Rounding out the lineup is Trouble Bound Band, blending alt-country, rock and roll, blues, and bluegrass into a sound that feels right at home in the mountains.

Guests are encouraged to bring lawn chairs and blankets, settle in, and enjoy an easygoing festival atmosphere with family and friends.

In addition to food, ConiferFest will offer a beverage selection that includes beer, wine, margaritas, soda, and water.

Admission is \$5, and children 12 and under are admitted free, making ConiferFest an affordable outing for families and visitors of all ages. Free parking is available on site, and leashed, well-behaved dogs are welcome to join in the fun.

Beyond the music and festivities, ConiferFest serves an important purpose. Event proceeds support programs that make a meaningful difference locally and beyond, including the 285 Backpack Program, which provides food for children in need; Rotary Youth Leadership Awards (RYLA) camps that help develop young leaders; and Rotary Wildfire Ready, which supports wildfire preparedness and safety in mountain communities.

Whether you come for the music, food, shopping, or simply to spend a summer day with neighbors and friends, ConiferFest offers a welcoming place to gather and celebrate what makes this community unique. Mark your calendar now and plan to join us on July 11 for a day of fun, connection, and community spirit at ConiferFest 2026.

www.coniferfest.com

7TH ANNUAL CONIFERFEST

SATURDAY, JULY 11
DOORS OPEN AT 11AM / MUSIC STARTS AT 1
OUR LADY OF THE PINES OPEN SPACE

LIVE MUSIC FROM:
THE MIDDAY SONS
TROUBLE BOUND BAND
DOUBLE LIFE - A TRIBUTE TO THE CARS
BUSH LEAGUE

FOOD TRUCKS, BEER, WINE, & MARGARITAS
LOCAL ARTS & CRAFTS VENDORS
ENTRY: \$5/PERSON (UNDER 12 FREE)
FREE PARKING

5280 EXTERIORS COLORADO

Rotary Club of Conifer

TICKETS:

Evergreen Chamber News

The Heartbeat of Evergreen: Our Nonprofit Community

BY ERICA SPRENKEL



Recently, I attended a meeting where local nonprofits shared the incredible work they do in Evergreen. What surprised me most was how many people were unfamiliar with some of these organizations. It made me realize that many of us may not fully appreciate the tremendous impact nonprofits have on our community every day.

Our community is fortunate to be home to dozens of non-profit organizations dedicated to improving the lives of others. From supporting seniors and families to providing educational opportunities for youth, promoting health and wellness, protecting our natural environment and animals, and enriching our lives through arts and culture, these organizations quietly make a difference every day. Many rely on dedicated volunteers, generous donors, and passionate staff who work tirelessly to serve others. Together, they create a stronger, more connected community and help ensure that those in need have access to support and resources. What makes our non-profit sector especially remarkable is its spirit of collaboration. Organizations often work together to address community needs, share resources, and expand their impact. Their collective efforts help

preserve the caring, neighbor-helping-neighbor culture that makes Evergreen such a special place to call home. Evergreen's nonprofits rely on many forms of support, including donations, sponsorships, and the dedication of volunteers. Whether you attend an event, make a donation, serve on a board, or volunteer your time, every contribution matters. Even an hour a month can make a meaningful difference in the lives of others and the organizations that serve them. Not sure where to begin? Explore the non-profit organizations featured in the Everything Evergreen App under the Live/Work/Stay tab or visit the Evergreen Chamber website to learn more about the causes making an impact right here in our community. Together, we can continue to build a stronger, more connected Evergreen. Shop, Support, and Love Local!

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



Enchanted Entomology
Evergreen Colorado's locally owned bug shop selling responsibly sourced museum quality displays.
Kate and Gavin Hutchinson
4600 Plettner Ln #1e,
Evergreen, CO 80439
Phone: 720-914-4844
enchantedentomology.com

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



EVERGREEN AREA
Chamber of Commerce

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

★ ★ ★ ★ ★ ★

FOOTHILLS

4TH EVERGREEN COLORADO

SATURDAY, JULY 4th

11:00am - 4:00pm • Buchanan Park

Conifer Chamber News

Summer Sunshine to Holiday Lights

Christmas in Conifer Starts in July

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR



While summer is in full swing, now is the perfect time to start thinking about the holiday season. The Conifer Area Chamber of Commerce is excited to announce that registration for all Christmas in Conifer celebrations opens in July, giving businesses, non-profits, community groups, and residents plenty of time to plan for one of the most festive and community-focused seasons of the year.

Christmas in Conifer has grown into a month-long celebration that brings neighbors together, supports local businesses, and creates memorable experiences for residents and visitors alike. From holiday events and festive lights to the annual Christmas Parade, there are many ways to get involved and showcase your business or organization. One of the newest components of Christmas in Conifer is **Holiday Happenings**. These special events provide an opportunity for businesses and organizations to create unique holiday experiences that bring awareness to their mission, attract new customers, and spread holiday cheer throughout the community. Holiday Happenings will run from Small Business Saturday on November 28, 2026, through January 1, 2027. Not sure where to start? Docia Boylen will be leading a workshop on Tuesday, July 21, at 11:00 a.m. at the Chamber office, focused on how to host a successful Holiday Happening. Participants will learn creative ideas for events, tips for promoting their activities, and ways to create meaningful experiences that encourage community engagement while highlighting their business or organization. The **Christmas Parade** remains one of the highlights of the season. The parade will take place at 2pm on Saturday, December 5, along Sutton Road in Aspen Park. Businesses, nonprofits, schools, churches, clubs, neighborhoods, and community organizations are encouraged to participate. As a special Christmas in July promotion, all float registrations will be free during the month of July. This is a great opportunity to reserve your spot early and begin planning a festive entry that celebrates the season and showcases your organization.

Another tradition in the making is Light Up Conifer, which encourages residents and businesses to decorate their homes and properties with festive displays. The celebration officially begins with the Conifer Community Church Christmas Light Premiere on November 28 at 5pm. Community members will then have the opportunity to explore local displays and vote for their favorites through December 21. Light Up Conifer helps create a magical holiday atmosphere while encouraging residents to visit different neighborhoods and support local businesses throughout the season. Christmas in July is also a reminder of the importance of shopping local all year. Every dollar spent at a local business helps strengthen the community, supports local jobs, and contributes to the character we love about Conifer. Whether you're enjoying a sunny day on the patio at a local restaurant, hiring a contractor, attending a summer festival, or purchasing gifts from local merchants, your support makes a difference. Registration details for Christmas in Conifer activities will be available throughout July. Start planning now and join us in making the 2026 holiday season the most festive and community-focused celebration yet.

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



Lynn's Whistle Stop
6328 S Turkey Creek Rd
Morrison, Co 80465
303-697-2327
www.lynnswhistlestop.com



Christmas in Conifer
Conifer Area Chamber of Commerce

Sign Up Here

Sign Up Here

Sign Up Here



LIGHT UP Conifer



HOLIDAY Happenings



Christmas PARADE

your MOUNTAIN CONNECTION | Stories are contributed by local residents to inspire healthy living, happy families, and community giving. Email your story by the 16th of each month to jeff@yourmtnconnection.com.

Wonder why there are staffing shortages?

While median home prices in Jefferson County are 50% higher than the national average, median home prices in EVERGREEN are 200% higher than the national average. Middle-income workers cannot afford to live here, nor even close by.

The middle-income population (earning \$54,000 - \$109,000/yr) are said to be the most cost-burdened because they make too much to qualify for subsidies and too little to qualify for market-rate housing. Spending more than 30% of income on housing makes one cost-burdened.

Housing for the “missing middle” is essential.

Data supplied by area Realtors

brought to you by the Evergreen Legacy Foundation for the love of Evergreen



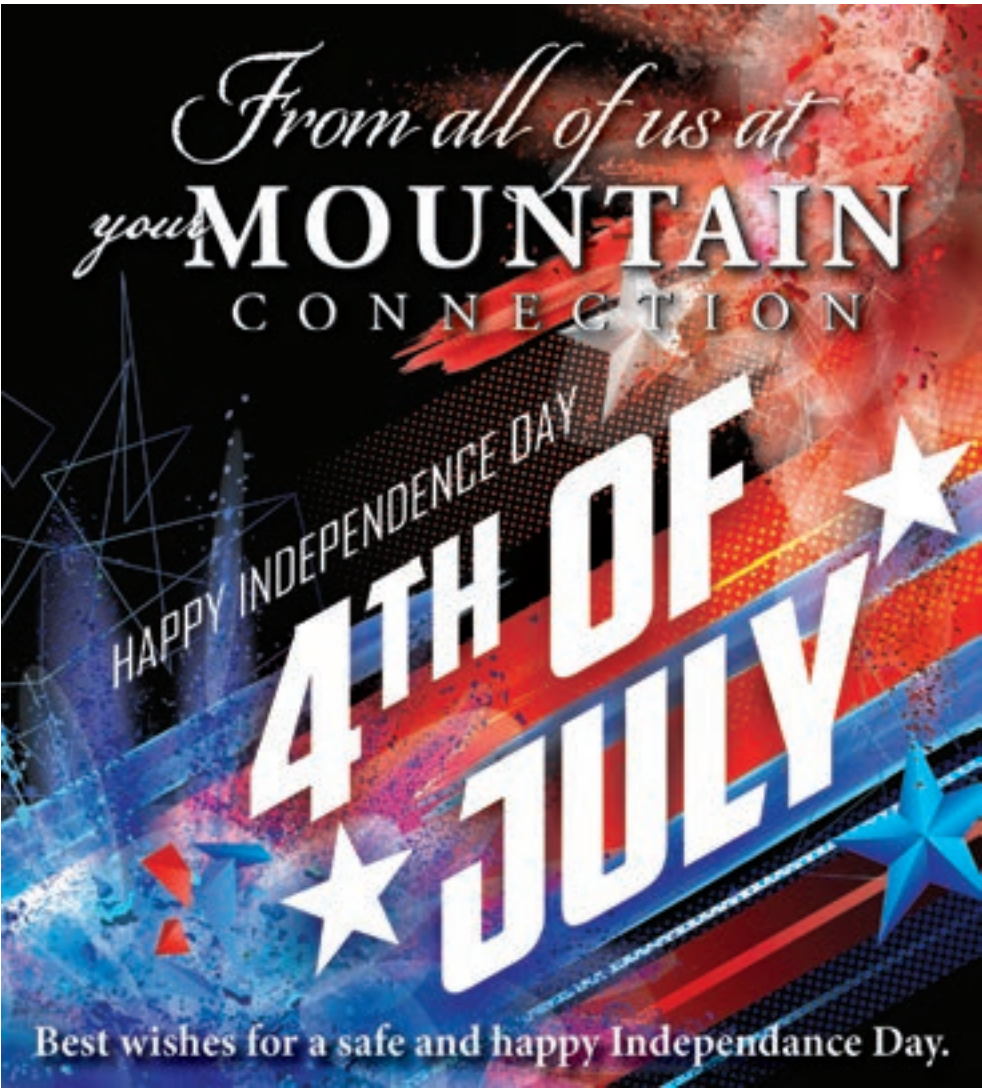
Music For Peace John Erlandson and friends

Join us Thursday, July 30th, 6–8 pm, at the Conifer Peace Park, 26215 Sutton Road, behind the Aspen Park Community Center. Bring a lawn chair and picnic dinner with your non-alcoholic beverages. Local favorite singer-songwriter/music producer John Erlandson has lived a life of bringing story and song to our mountain community since the late ‘90s. If you missed John at the Peace Park last summer, be sure to join us for a soulful encore performance with John and friends.



Painting at the Peace Park Plein Air Painting with Pixie Morris

Join us Saturday, July 18th, 9–11 am, at the Conifer Peace Park, 26215 Sutton Road, behind the Aspen Park Community Center. Bring your own easel and supplies. Pixie Glore-Morris is an artist who works in oils and watercolor. Her work reflects her extensive travel in Africa, the South Pacific, Papua New Guinea, Spain, and France. Favorite subjects include landscapes, animals, and people. Pixie has exhibited internationally and locally and has won a number of awards. You can see more at www.pixiesart.com.



Ragged Old Flag

BY JOHNNY CASH

I walked through a county courthouse square.
On a park bench, an old man was sittin’ there.
I said, “Your old courthouse is kinda run down.”
He said, “Naw, it’ll do for our little town.”
I said, “Your old flagpole is leaned a little bit,
and that’s a ragged old flag you got hangin’ on it.”
He said, “Have a seat,” and I sat down.
“Is this the first time you’ve been to our little town?”
I said, “I think it is.” He said “I don’t like to brag,
but we’re kinda proud of that ragged old flag.”
“You see, we got a little hole in that flag there
when Washington took it across the Delaware.
And it got powder burned the night Francis Scott Key
sat watching it, writing ‘Say Can You See.’
It got a bad rip in New Orleans,
with Packingham & Jackson tugging at its seams.
And it almost fell at the Alamo
beside the Texas flag, but she waved on though.
She got cut with a sword at Chancellorsville,
and she got cut again at Shiloh Hill.
There was Robert E. Lee and Beauregard and Bragg,
and the south wind blew hard on that ragged old flag.
On Flanders Field in World War I

She got a big hole from a Bertha gun.
She turned blood red in World War II.
She hung limp, ‘n low, a time or two.
She was in Korea, Vietnam,
she went where she was sent by her Uncle Sam.
She waved from our ships upon the briny foam,
and now they’ve about quit wavin’ back here at home.
In her own good land here she’s been abused.
She’s been burned, dishonored, denied an’ refused.
And the government for which she stands
has scandalized throughout the land.
She’s getting threadbare, and she’s wearin’ thin,
but she’s in good shape for the shape she’s in.
Cause she’s been through the fire before
and I believe she can take a whole lot more.
So we raise her up every morning, and we take her down every night.
We don’t let her touch the ground, and we fold her up right.
On a second thought, I do like to brag
‘Cause I’m mighty proud of that ragged old flag

Written by: John R Cash
Album: Ragged Old Flag • Released: 1974
Lyrics provided by Musixmatch

CALENDAR OF EVENTS

July 1–18
Center for the Arts Evergreen Art on the Menu
This exhibit explores food as both sustenance and symbol, celebrating the tastes, rituals, and memories that shape our cultures and communities. Through diverse artistic perspectives, everyday ingredients and shared meals are transformed into stories of identity, connection, and creativity. evergreenarts.org

July 2, 9, 16, 23, and 30
Join us for Thirsty Thursdays at the Blackbird Cafe, from 4–7:45pm, for local live music, appetizers, and drinks. 25940 Highway 74 in Kittredge.

July 2, 9, 16, 23, and 30
For horse lovers of all ages, TrailBlazers Class at the ResqRanch will be held every Thursday from 4:30–6pm. The Trailblazers is a weekly community gathering for horse lovers of all ages. Together, we are embarking on a mission to increase the number of people skilled in the art and science of Positive Reinforcement (R+) training. Trailblazer Single 90-minute Session: \$52 or Trailblazer 10-Session Pass: \$430. <https://www.resqranch.org/trailblazers-a>

July 2, 9, 16, 23, and 30
Preschool Adventures at Evergreen Nature Center, weekly on Thursdays, 9–10am. Bring your little one to the Nature Center each week to develop their early childhood readiness skills through nature exploration. Practice fine motor skills, literacy comprehension, and more at the Evergreen Nature Center. These programs are designed for children ages 2–5 years old. All children must have an adult in attendance. Come dressed to explore the outdoors. This program is completely FREE and no registration is needed. Approximately 45–60 minutes. <https://evergreenaudubon.org/events/preschool-adventures-at-evergreen-nature-center/>

July 4
Foothills 4th 2026, 11am–4pm, at Buchanan Park, 32003 Ellingwood Trail, Evergreen. Evergreen Chamber of Commerce and Evergreen Park and Recreation District invite you to a day packed with festive activities! Early registration until NOON July 3: ALL tickets \$10. At the door: general admission \$20; seniors, youth (4–17), veterans, and first responders \$15; and children 3 and under FREE. evergreenchamber.org

July 4
Hiwan Golf Club 4th of July Party and Drone Show. 6–10pm at Hiwan Golf Club, featuring an epic drone show around 9:30pm, and your choice of hot dog, burger, or beer. Live music and a fun kids’ play area. Limited parking available; shuttle service begins at 6pm from Evergreen Middle School and Bergen Elementary. Tickets \$35 in advance and \$40 at the door A portion of each ticket supports EPRD’s Buchanan Improvement Project, Active 4All, a 501(c)(3) promoting accessible recreation and wellness opportunities, and the Hiwan Pink Ribbon Classic, which benefits breast cancer awareness and support programs.

July 4

Sculpture Tours, the first Saturday of each month at 10:30am, are led by a trained docent. July’s tour will focus on Downtown Evergreen (meet outside Java Groove). Learn about the sculptures and their creators. No RSVP needed, walking required (approx. 1 hour), all ages welcome. evergreenarts.org

July 6, 13, 20, and 27
Community Family Night on the Patio! Ripple Pizza & Ice Cream and PeaceWorks invite you to attend weekly summer family gatherings to strengthen connection and community. Enjoy a “Pay-what-you-can” pizza buffet, entertainment, and activities, on the pet-friendly patio. 10% of sales from 6–8pm on Mondays benefit PeaceWorks

July 7, 14, 21, and 28
The original Evergreen Farmers’ Market, 25+ Years. One of the most charming farmers’ markets in Colorado! 10am–2pm at Church of the Cross, 28253 Meadow Dr. Evergreen, (next to Hiwan Heritage Park & Museum). A picture-perfect farmers’ market, tucked away in the beautiful Colorado mountains. Fresh-picked organic and conventional produce, microgreens, raw French Cheeses, Loredana’s Italian Foods, Great Harvest Bread, Healthy Harvest EVOO, Honduran Coffee, Handmade pies, and more! Enjoy Middle Eastern

food at the market cafe. The market shares its space with the beautiful Hiwan Park and trail, with picnic tables, shady pine trees, and a playground! www.coloradooutdoormarkets.com

July 7, 14, 21, and 28
The Evergreen Farmers Market is back, right here in the Center for the Arts parking lot every Tuesday from 10am–2pm. Swing by to stock up on fresh produce, local goodies, and hand-made treats while supporting Colorado growers and makers. It’s the perfect midweek pick-me-up. Center for the Arts Evergreen, 31880 Rocky Village Drive, Evergreen. Stick around and explore the gallery or gift shop while you’re here!

July 11
ConiferFest, 11am–8pm (Gates open at 11am for early vendor browsing) at Our Lady of the Pines Church Field. Join us for an unforgettable day of live music, delicious food, local vendors, and your favorite adult beverages—including beer, margaritas, seltzers, and more! Leashed dogs are welcome, but please leave coolers and backpacks at home. Just like last year, we’ll have designated space for canopies and plenty of shaded seating under our large tent—perfect for relaxing and enjoying the day.

July 16
Wild Aware, an Evergreen Colorado non-profit organization, invites you to join us for a wild evening of celebration and connection at the **Open Aware Meet and Greet** on the third Thursday of each month from 6–7:30pm at the awesome Evergreen Brewery, 2962 Evergreen Parkway, Suite 201, Evergreen, CO, 80439. wildaware.org

July 17–19
Burland Community Yard Sale is set for July 17, 18, 19. Participants will hold sales between 9am and 3pm throughout the Burland Community, located off County Road 72, in Park County.

July 18–19
46th Annual Summerfest: Art + Music Festival
Returning for its 46th year with 100+ artist booths to peruse, a stellar daily live music lineup, food trucks and spirits vendors, and a fun kids activity area. 10am–6pm Saturday and 10am–5pm Sunday at Buchanan Field, 32003 Ellingwood Trail, Evergreen. Admission \$5 at the gate, kids 10 and under FREE. evergreenarts.org/summerfest
Proceeds from SUMMERFEST benefit Center for the Arts Evergreen, a 501(c)(3) nonprofit organization, and support outreach and education programming year-round.



A UNIQUE AND MEMORABLE SUMMER CAMP: K-Pop Demon Hunters (3rd–9th grades). Students will grow in confidence and skill in vocal and dance techniques, while learning songs and dances from the hit series, K-Pop Demon Hunters. (July 20–24, Monday–Friday, 9am–4pm. Performance: Friday at 4pm. \$275.) At The Venue, students receive professional training for stage and life! The Venue also offers community rentals, with tech support available. www.thevenuetheatre.com/summer
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!

July 23
Sips for Scholarships, 6–9pm, at Aspen Peak Cellars, 60750 US 285, Bailey. Join us for an unforgettable evening where fine wine, delicious food, and a shared commitment to education come together. Sip, savor, and support Bootstraps Scholarships, helping mountain-area students achieve their educational and career dreams. www.bootstrapsinc.org/events

July 23
Heartmath Breathwork Class at Chillax Om from 5pm–7pm, with charcuterie, refreshments, and 4 hours free parking. \$25/person to learn how to de-stress and uplevel longevity, health, and wellness; with clinical research-proven breathwork that you can track with heart rate variability. This is a Chillax Om Foundation 501(c)(3) non-profit Fundraiser. To learn more

and get your ticket visit: <https://chillaxom.com/heartmath-breathwork-class-july-23-2026/>

July 24–26
The Evergreen Jazz Festival promises to be another outstanding event taking place at multiple venues around Evergreen (Evergreen Elks ballroom and patio, Evergreen Christian Church, Center Stage, and the iconic Evergreen Lake House). Tickets at www.evergreenjazz.org

July 31
Morning Birds and Brews with Evergreen Audubon and Nature Center, on the last Friday of each month, 8:30–10am at the Evergreen Nature Center, 27640 CO-74. Let’s see what birds we can find! Evergreen Audubon will provide hot drinks. Bring your own coffee mug or thermos, binoculars, and weather-appropriate clothes. We have binoculars to lend out, so don’t worry if you don’t have your own! This event is geared toward adults, but all ages and birding abilities are welcome.

July 31
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 9am in the Evergreen Bread and Cocktail Lounge, 1260 Bergen Pkwy, Evergreen. Come meet new friends and make an impact in your community! wildaware.org

July 31
CAE Summer Concert: Eric Golden. Eric Golden brings the heart of traditional honky-tonk to Evergreen. His high-energy show spans decades of classic and modern country favorites, guaranteed to get you smiling, singing, and maybe

July 2026



July 1
Block Therapy™ Trauma Release 5:30–6:30pm. Trauma (physical and emotional) becomes trapped in your body and leads to pain, aging, and disease. This powerful self-healing practice unlocks the restrictions and adhesions that block blood and oxygen flow and releases trauma at a cellular level. All levels. Wear comfortable clothes. Bring a yoga mat if you have one and a water bottle.

July 8
Dance Party 5:30–6:30pm. Step into a vibrant sanctuary of sound and movement at our community wellness dance party, where Sabrina and Brenda invite you to shift from performance 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.

July 12
Mindfulness Walk 10am. Join Kathy at Pine Valley Ranch (30400 Crystal Lake Road, Pine) for gentle walking, grounding, and reflection. Whether you are feeling called to reconnect, reflect, or simply enjoy a calm morning, all are warmly welcomed. Bring layers for the weather, water, and an open heart.

even two-stepping. Our bar will be open with beer, wine, hard seltzers, and margaritas, and we’ll have a great food truck on-site—so come hungry! Center for the Arts Evergreen, 31880 Rocky Village Drive, Evergreen, Doors open at 6pm, show at 7pm, rain or shine.

July 31–August 8



StageDoor Theatre’s Summer Company celebrates Summer with Disney’s HIGH SCHOOL MUSICAL2 On Stage! Friday and Saturday 7pm, Saturday and Sunday matinee 2pm. Tickets \$25, \$5 discount for seniors, students, and educators. Director Jacob Frye, Choreographer Arianna Olivarez, Musical Directors Alexandria Sullivan and Kris Sage, Stage Manager Parker Liebaert. Singing, dancing and teenage antics, fun for all! www.stagedoortheatre.org
Stagedoor Theatre is a 501(c)(3) non-profit community-based theatre, open to all.

August 4
Evergreen Newcomers and Neighbors sponsors Evergreen Speaks! 5:30–6:30pm at Evergreen Christian Church, 27772 Iris Drive, Evergreen. Free. Featuring Kris Kazian, Division Chief of Fire Operation at Evergreen Fire Rescue, who will be speaking on the challenges our local government face, from providing safe drinking water and parks, to fire protection and emergency medical systems.

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

July 15
Dru Yoga 5:30–6:30pm. Dru has a focus upon maintaining a healthy spine, through activation movements in the beginning of class and throughout a Dru session. A typical Dru Yoga class includes energy block release sequences, classical asanas (yoga postures), pranayama (breath work), mudras (gestures), positive affirmations, and also empowering visualizations. Dru classes are tailored to the student and their individual level, which makes it great for everyone.

July 22
Dru Yoga 5:30–6:30pm. Dru has a focus upon maintaining a healthy spine, through activation movements in the beginning of class and throughout a Dru session. A typical Dru Yoga class includes energy block release sequences, classical asanas (yoga postures), pranayama (breath work), mudras (gestures), positive affirmations, and also empowering visualizations. Dru classes are tailored to the student and their individual level, which makes it great for everyone.

July 29
Full Moon Circle 5:30–6:30pm. Join us for a Full Moon Circle, a welcoming space to pause, reflect, and reconnect with yourself and the community. Through guided discussion, gentle mindfulness practices, and intention setting, we honor the energy of the full moon as a time for release, renewal, and personal growth.

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

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



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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.

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