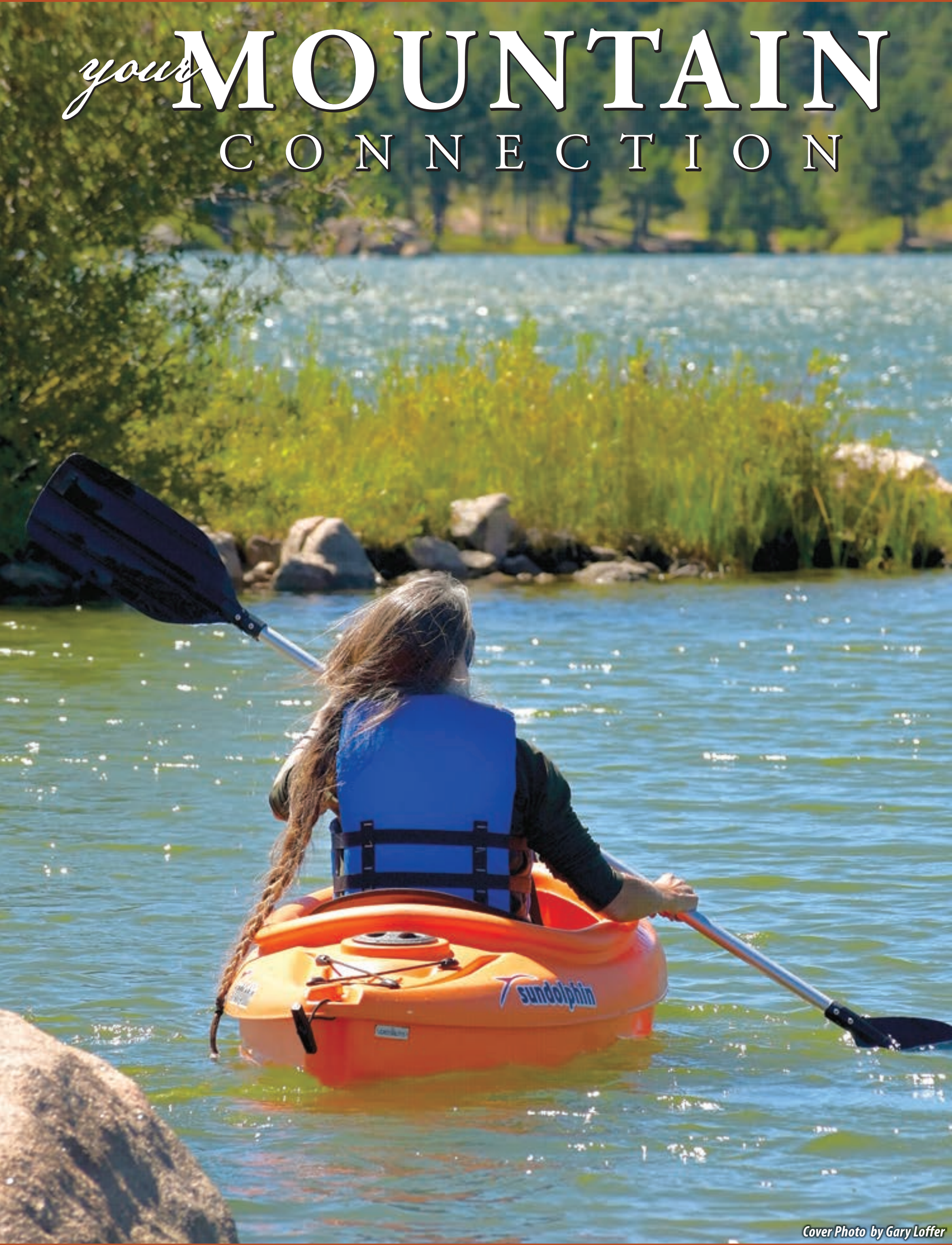


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SEPTEMBER 2025

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Cover Photo by Gary Loffer

— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



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The ResqRanch is the Premier Positive Reinforcement Animal Sanctuary

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The ResqRanch is Creating a Revolution for Horses

“We are creating a revolution to change the equine industry from the inside out.”

A little girl wanted to get involved with horses. So her family scouted around for options for her to get involved. She could join 4H or the Westernaires, or they could spend a lot of money for her to take private riding lessons at a fancy stable for a future in competitive horse riding. None of these seemed to be exactly what they were looking for, but then they found us, the ResqRanch.

Here the girl learned first about safety. The only method of horse handling taught at ResqRanch is positive reinforcement, the most compassionate way to train, where the animals have a choice and are therefore always calmer, less stressed, and happier. Because of this, the family could rest easy knowing that, although their child was around 1,000-pound animals, the chances of her getting injured were statistically lower than at any other horse program on the planet.

Next, she learned about responsibility: How to properly care for horses, including feeding, cleaning manure, pasture management, fencing types, and the myriad of other things one has to know to correctly care for animals. And she was learning all of this directly from a veterinarian, not only preparing her for possible horse ownership one day, but also helping her gain valuable skills which she could use to obtain a job in the horse industry as a young adult.

Then, because the program is also managed by a Life Coach, she was learning about how to take good care of herself, to make sure she could take good care of horses while keeping herself safe for years to come. She was learning about the importance of exercise, and which exercises to do daily to help keep her back safe while lifting hay bales and water buckets, and the importance of stretching; and about the importance of drinking water, practicing gratitude, and fueling her own body well, being mindful, artful, laughing, and having fun!

Finally, she was learning about horses in need, and learning how she could help contribute to helping even more horses throughout her life. She was learning about the plight of discarded



horses going to slaughter, about wild mustangs being rounded up and put into holding pens, about the cruel practice of soring (the abusive practice of inflicting pain on a horse's legs or hooves to perform an exaggerated, high-stepping gait). She was learning to recognize abuse, and gaining the knowledge she would need to help keep more horses safe. Because, you see, too many horses end up getting sold from place to place because they are considered “damaged” and “untrainable,” even dangerous, while we know that the #1 reason for this is that the horse was not trained with positive reinforcement in the first place, which brings us full circle.

The mission of the ResqRanch is, through education, to end the need for shelters, rescues, and mustang holding pens. We are creating a revolution to change the equine industry from the inside out, by having 100,000,000 children and adults worldwide educated in the ways of positive reinforcement horse training and care, with

the goal of making it the new standard within the industry within 10 years. That would nearly be a ratio of 2:1, of knowledgeable caretakers to the total horses in the world. Imagine the impact that would make for all horses, those in racing, other competition, pets, and wild mustangs. We are a first-class equine education and learning center like no other in the world. We are giving horse lovers all the tools they need to achieve a magical bond with horses, and to obtain a job in the horse industry, if they choose, because their knowledge and skill set is so complete. They will be empowered to be a voice for the voiceless by advocating for positive reinforcement horse training, which quite simply is the best, most effective, and safest form of animal training, as proven by over 100 years of scientific evidence. We are creating a new generation of empowered horse girls and boys, giving them a professional education in horse care, management, and training. They then can and will influence

the greater horse world at large, from racing, to showing, to high-level competition, all with the exact same foundation grounded in science. This will dramatically minimize the number of discarded horses that are simply a byproduct of doing things the way they have always been done, instead of in a systematic, compassionate, science-based, high-level, and consistent way. We will make this world a better place for horses.

If you are an adult and you would like to join our movement, just know that all are welcome! From ages 5–85, as long as you can do a set of 10 good squats, you are welcome to come to us and learn how to be the best version of yourself, for horses. And if you can't do the squats, and want to come anyway, please let us know, and we will do our very best to accommodate you. Classes for adults happen every Thursday from 1:30–3pm and Friday from 9:30–11 am. Classes for kids start Thursday evenings after school from 4:30–6; all classes cost \$52 each or \$198/month. All of the proceeds from all classes and programs go directly to the non-profit to support the care and feeding of the animals in our care. On Sundays from noon to 2, the students and our volunteers are welcome and encouraged to attend the weekly Horse Training Crew classes and activities, which are free for Horse Masterclass certified volunteers, and \$52 for others.

Our goal is to have at least 18 trained horse handlers of all ages by June 2026, so that we can have a huge impact at the Evergreen Rodeo parade, and hundreds more the year after that.

Now, doesn't that sound like fun! Email us now to join DrQ's Horse (Training) Crew, info@resqranch.org! I sincerely thank you for reading, and God bless!

DrQ and the crew of Aspen Park Vet Hospital and the ResqRanch.

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



ANNUAL ROOF INSPECTIONS

The Hidden Value of Annual Roof Inspections in Colorado’s Climate

BY DANIEL PERKINS, VALORROOFANDSOLAR.COM

When most homeowners think about home maintenance, the roof isn’t always top of mind—until something goes wrong. But in Colorado, where extreme weather is a part of life, your roof is not just your home’s first line of defense—it’s one of your most important long-term investments. At Valor Roof and Solar, we’ve seen firsthand how proactive roof inspections can prevent the need for costly repairs, preserve property value, and provide peace of mind.

Whether you live in the foothills, the Front Range, or the heart of Denver, your roof is exposed to a punishing mix of high-altitude UV radiation, dramatic temperature swings, snow, hailstorms, and high winds. These elements wear down roofing materials faster than in more moderate climates, making regular inspections not just helpful, but essential.

Why Annual Roof Inspections Matter

Routine roof inspections—at least once per year and after major storms—are about more than just spotting damage. They’re a key part of home maintenance. A professional inspection can catch early signs of wear, prevent bigger issues, and help homeowners make informed decisions about repairs or replacements. Inspections are also crucial to protect insurance eligibility.

At Valor, we often uncover issues homeowners didn’t know were there: hail or wind damage

invisible from the ground but capable of allowing water intrusion; granule loss on asphalt shingles, reducing UV protection and shortening roof life; lifted or missing shingles, nail pops, and flashing gaps that compromise waterproofing; clogged gutters that allow water to back up under shingles or siding; cracked or brittle materials from intense sun exposure.

Even minor defects, like a torn pipe boot or a few raised shingles, can lead to attic leaks, interior water damage, mold, and structural issues if left unaddressed. Identifying them early can mean the difference between a minor fix and a major restoration.

Insurance and Inspection: A Critical Connection

A big reason to schedule a no-cost annual inspection is how it impacts your insurance coverage. Many homeowners don’t realize insurance policies typically include a short window, often 6 to 12 months, to file a claim for storm-related

damage. If you miss that deadline because you didn’t know your roof was damaged, you could be out of luck. That’s why Valor Roof and Solar offers free, no-obligation storm inspections throughout Colorado. We use slope-by-slope assessments, drone photography, and specialized tools to make sure nothing is missed. If we do find damage, we walk you through the process clearly and honestly. We’re local, experienced, and understand how Colorado insurers evaluate claims. We don’t inflate reports or pressure homeowners; we focus on what’s true and fair.

Proactive Roofing Pays Off

You wouldn’t drive your car for ten years without an oil change. Yet many homeowners go just as long, or longer, without having their roof professionally checked. Here’s how annual inspections can save money and extend your roof’s life: catch small problems early to avoid expensive emergency repairs; maintain manufacturer warranties that often require proof of regular upkeep; prevent attic moisture and ventilation issues that lead to mold or higher energy bills; plan ahead for future roof replacement instead of facing a sudden, costly surprise. Homeowners who schedule regular roof inspections often gain 3 to 7 more years of useful life from their roofing system. That’s real savings and fewer headaches over time.

What Sets Valor Apart

At Valor Roof and Solar, roofing is more than a business, it’s a mission. As a veteran-founded, family-operated company, we bring integrity, professionalism, and passion to every project. Here’s what we offer: free annual inspections with photo documentation; insurance-ready reports and expert storm assessments; dedicated project managers who communicate throughout the process; some of the strongest warranties in the industry; a local, mission-driven team focused on protecting your home. We don’t show up to upsell—we show up to educate and empower you to make informed decisions.

A Final Word

Your roof protects your home, your family, and your future. It deserves to receive attention before it demands it. If you haven’t had your roof professionally inspected this year, or since the last hailstorm, now is the time. Don’t wait for a leak to alert you to a problem. Valor Roof and Solar is here to help you make smart, pressure-free decisions with expert support. Let’s protect your investment together—one roof at a time.

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connection to the past



Johann, Peter and Jacob Schneider
Courtesy Jefferson County Digital Archives



Homestead Map



Antweiler Family circa 1889
Courtesy Jefferson County Digital Archives

A BLUE CREEK PIONEER LEGACY

BY CHRISTA JOHNSON | CONIFER HISTORICAL SOCIETY

Between Conifer and Evergreen lies some of our area’s earliest settled land: the Blue Creek Valley. Its homesteading origins are tied to the drive and ingenuity of German immigrants who struck out into the Western frontier, shifting from being craftsmen in the Old World to being pioneers in the New World. Three families were central to its evolution, and this is the beginning of their Colorado story. They were part of the 1.4 million Germans who immigrated to the United States in the 1880s, driven by economic and political factors as well as the allure of opportunity. They farmed the valley, and some descendants still own property there today. Despite hurdles and hardships, they flourished, even branching out to neighboring Morrison as key leaders in the community.

In the spring of 1885 two brothers, Peter and Johann Schneider, departed their home in Freilingen (then a part of the Grand Duchy of Hesse), boarded a boat in the port town of Bremen, and arrived in New York. Their parents, older sister and younger brother remained in their homeland, and one can only imagine the anxiety these young men felt, with the potential of never seeing their family again. Travel costs, illness, the dangers of the trip, and shifting immigration policies made the risk very real.

The two travelled on to our foothills and became homesteaders in an area that was called simply “Junction” at the time. Peter filed an 80-acre land claim, and John (Johann) worked on various ranches on North Turkey Creek for 50 cents/day as a farm laborer and sawmill operator. The Homestead Act of 1862 permitted adults (both citizens and immigrants) to claim 160 acres if they lived on and cultivated their land. After five years, the original filer was entitled to the property, free and clear, except for a small registration fee.

Thus began the family’s American dream and their mark on the Blue Creek area. The rest of their family followed to America a few years later: parents Johann Jacob and Ann Maria Schneider; sister Margaretha and brother-in-law Anton Antweiler, with sons Oscar and Peter; and their youngest brother Jacob Schneider.

Over time, 225 acres were claimed in the Schneider family name. Although he was a miller in Germany, Johann Jacob purchased 104.78 acres for \$100, becoming a farmer, and the younger John claimed another 40 acres. Their farms produced oats, barley, wheat, potatoes, and hay, and even included a blacksmith shop and sawmill. Lumber was used for structures in the area, and John’s carpentry skills helped build the Brook Forest Inn, founded by another German couple, Edwin and Riig Welz. Anton and Margaretha

Antweiler also became farmers, although Anton was originally a baker in Germany.



City Drug Store, 1900 - Courtesy Jefferson County Digital Archives

While making their mark on the land, the Schneider family imprint expanded down Bear Creek Canyon. Peter and his youngest brother Jacob settled in Morrison, opening businesses leveraging their trade skills. Jacob ran City Drug Store in the location of today’s Morrison Inn, and Pete Schneider’s Boots sold shoes and offered shoe repair where Sundance Sensations is today.



Pete Schneider Boots, 1914
Courtesy Jefferson County Digital Archives

Sadly amidst this success came early passings as well, too early for such a vibrant family. Anton and Margaretha’s son Oscar passed away in approximately 1889, followed by Anton in 1892. Later, Ann Maria and Johann Schneider died in 1897 and 1900. Schneider and Antweiler family graves still remain in Bear Creek Cemetery today.

But amidst this sadness, their family expanded, intertwining their history with that of well-known ranchers and farmers of the area. Jacob married Nellie Hicks of Evergreen, whose family owned the ranch land now covered by Evergreen Lake. They had 5 children between 1899–1911, 3 daughters and 2 sons. John went on to marry Yanna Christensen, whose family ranch included land where today’s Evergreen Safeway is located and the former Troutdale Lodge. They went on to have 4 children (3 sons and 1 daughter) between 1903–1915.

Margaretha continued her life by remarrying to Ernst Livonious in 1893 and having 3 additional children. The Ernsts expanded the family footprint with another 171 acres, creating a nearly continuous swath of Schneider/Livonious ownership along what we now know as Blue Creek Road. Unfortunately their happiness was short-lived. Their eldest son died when a diphtheria outbreak hit the Conifer area, and a few years later Ernst is believed to have returned to Germany and was never heard from again. He was rumoured to have been ill-tempered, reinforced by a story that he dug a ditch across a ranch road on his property, disguised it with branches and caused 2 of his neighbors’ horses to be trapped as they crossed. They incurred injuries so severe they had to be killed. Margaretha, on the other hand, was well-liked and known for her poetry (later published in the *Canyon Courier*), her knitted socks, mittens, capes, and shawls, and a yearly haul of 10 tons of potatoes, which she sold in Denver once a year.

Today, the pioneer lifestyle still echoes along Blue Creek. A part of the original Livonious homestead is owned by Randy Jump, who has maintained the original character and lifestyle of their log cabin and lives a modern version of the mountain settlement dream. Hailing originally from the Upper Midwest, he grew up connected to the outdoors—camping, hunting, and fishing. From the Northwoods to the Upper Peninsula, Randy made his life and his living amidst the lakes and forests. The homestead has become Still Waters Ranch, named after the tiered pools Randy found tucked into the hillside and the still he discovered inside his forest. Randy lives off his land just as the original pioneers did. Fire

mitigation has turned into a full-time firewood business, reminiscent of the Schneider sawmill and logging business in the early years. He hunts on his property too, harvesting elk and deer for subsistence living. And even tree stumps may soon tell a new story, with the idea to turn logs with ready-made holes into birdhouses.



Livonious cabin, original



Livonious cabin, today

Randy has very deliberately maintained the cabin and property very much as it was. The cabin holds its original footprint and structural logs. Special interior elements have survived the years, like the beefy stone fireplace and the hand-scribed wood around stone in the kitchen. Only the front porch has been revamped, leveraging skills Randy honed while building log homes in the Midwest. The exterior craftsmanship holds stories that are still being uncovered, such as why the rear has metal chinking vs the traditional compound used. A smokehouse remains on the property, now accented with historic artifacts Randy found. A stone dugout behind the cabin once served as a root cellar and food storage and is as sound today as it was originally. An out-house is still around as well, though thankfully no longer needed! And remnants of a moon-shine still have been found, including mason jars set beside trees in the forest.

Now, 140 years after the Schneiders, Antweilers, and Livonious families pioneered our mountains, we applaud their fortitude and hard work that influences our community even today.

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

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.
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I’m Just Sayin’...

September – Health and Fall fix-up

“Time to start getting things ready for the winter months.”

Jeff Smith owner/publisher

Fall is a time for preparations. It’s a good time to prepare your health and home for winter. School is back in session, so you probably have more time to start getting things ready for the winter months. While outdoor activities will soon be more limited, you can still keep your exercise and health up. As we have seen from RFK, diets are changing and we are becoming more aware of what we eat. This is also a good time to weed out those things that you no longer want or need. We all have them: closets full of clothes we don’t wear and a garage full of “stuff” we don’t use. Let’s see if someone else may be able to use them.

Keys on the Green Restaurant will probably be closed for another several months—until next spring or summer. The operators who were low bidders and got the contract to open the restaurant did not perform, so the process of putting it out for bid has to start all over again. It’s a shame. The previous operators were really very good, and the Keys was one of our best restaurants. Not surprisingly, this is what happens when the government gets involved in the restaurant business, and they are forced to take the low bidder. You get what you pay for.

285 on the Park County side is starting to take shape. The resurfacing project is close to completion and a much-needed improvement. CDOT now needs to start on the JeffCo side.

There is a nice break in the traffic on I-70 and 285. It’s between camping and skiing seasons, so the traffic has slowed considerably. Now if we could just have confidence that the semi drivers are actually licensed, insured, and qualified drivers!

It’s time to start reaping the rewards from our gardens. Fresh produce in September is the pay-off for taking care of those plants all summer. Enjoy!

Broncos – Some players looked good in the win over 49er’s. Time will tell if they can be contenders this season. I am optimistic.

Rockies – They have won some good games lately, although it’s far too late to make a difference for this season. But hopefully this will give all the kids on the team enough experience to make a significant difference going into next season.

Quackadilly says:
“If it doesn’t challenge you,
it won’t change you.”
—Fred DeVito

NEWS ON THE POSITIVE SIDE

your MOUNTAIN CONNECTION

SEPTEMBER 2025 • VOL XXXIII NO 10

next issue • OCTOBER 2025

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October theme:
Food, Dining, and Breweries

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



Copy Editor
Emily Fose



Creative Director
Marty Hallberg



Writer / Photographer
Gary Loffler



Writer
Penny Randell

Contributing Writers:

Cathy Kowalski

Anne Vickstrom

from the experts

— THE SASQUATCH OUTPOST —

The September Sasquatch Chronicles

BY JIM MYERS

“They were absolutely amazed to finally witness it with their own eyes.”

We’re coming to the end of the 2025 season for the Sasquatch Outpost and Rabbit Hole Adventures. This has been an interesting summer for many reasons, not the least of which is the fact that our bookings are down over 50% from last summer.

I recently heard that as of the time of this writing there are over 90 homes for sale in Bailey. To put that into perspective, that is more than double the number of homes that are usually for sale this time of year. All of this is an indicator—to me, anyway—that people are uncertain about the future, and they’re choosing to hold on to their money. I get it, because I’m uncertain about the future of our economy as well.

Anyway, enough political commentary. In spite of having fewer expeditions, we were able to record some unprecedented vocalizations from the Buffalo Peaks Wilderness that some experts believe are the sound of Sasquatch singing. We also recorded the sound of something that came into our camp at 4:30 am, opened the tailgate on one of our trucks, and literally threw it down...shaking the whole truck and waking the entire camp. And finally, we recorded a video of Sasquatch eye-glow that we filmed at 10 pm, also in the Buffalo Peaks Wilderness. This was recorded on a moonless night, in total darkness—and you can



“Check out our latest podcast on YouTube: ‘Sasquatch Beyond the Outpost.’”

clearly see four sets of eyes glowing in the woods approximately 100 yards from where we were standing. We had several Native Americans with us who have been searching for Sasquatch for years...and they stated that they had never seen this eye-glow phenomenon. They were absolutely amazed to finally witness it with their own eyes.

This is the main reason why I take so many people out at night into the wilderness; I want them to experience for themselves what I have seen and heard so many times over the past decade. It’s one thing for skeptics to mock what they do not comprehend, but it’s something entirely different to see and hear it for yourself...and then try to explain it away. In my experience, those who believe that Sasquatch does not exist because they “cannot exist” are almost never willing to venture very far from the comfort of their couch at home. Hey, check out our latest podcast on YouTube: “Sasquatch Beyond the Outpost.”

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

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— EVERGREEN HEALTH INSURANCE —

Planning for Healthcare in 2026

BY ED REGALADO

Healthcare insurance will be changing for many people starting next year. For those under 65 who are not covered by a group health insurance plan, overall healthcare costs are expected to increase tremendously due to the loss of federal tax credits, rising premium fees, prescription drug costs, and general inflation. While Colorado intends to provide some assistance with premium tax credits, they’re expected to be minimal.

If you get healthcare through ConnectForHealthCo.com, how much will your premiums increase? That’ll depend on your age and where you live. Those aged 55 to 64 are expected to be the hardest hit. Because of premium increases, the forecast is that many individuals will find their healthcare policies have become unaffordable. As many as 100,000 Coloradoans who purchase health plans through the exchange are projected not to renew their health insurance coverage as premium fees escalate.

If you find yourself in these shoes, what can you do? Right now, we’re looking at better-than-a-sharp-stick-in-the-eye options. If you can no longer afford comprehensive coverage, you may want to consider purchasing an accident, hospital indemnity, and/or cancer plan. These plans, while not comprehensive, offer some protection in emergencies and can potentially save you a great deal of money for a reasonable premium. I’m looking more into what will be available in our local market for 2026, and I’ll follow up in future articles.

It’s not just those under 65 who will experience changes in health insurance in 2026. Insurance companies’ Medicare Advantage, PDP, and Supplement plans and premiums for 2026 will become public on October 1st. I mentioned in last month’s article that 2026 will



“What is the good news?”

be a year of disruption in the Medicare market. We know that most Advantage plans will likely reduce benefits such as dental and vision. Companies offering Medicare Supplement plans are projected to impose meaningful premium increases, and carriers offering prescription drug plans also will likely be increasing premiums significantly. A federal test program in six states, thankfully not including Colorado, will start requiring prior authorization for Supplement Plans. Avoiding prior authorization is one of the main reasons people enroll in a Medicare Supplement plan.

What is the good news? For those fortunate enough to qualify for a Medicare Supplement or Advantage plan, they will still offer better coverage than individual plans in 2026.

Those of us who live in Jefferson County have a wide range of Advantage plans to choose from, including Critical Care plans. These plans allow a special enrollment period for someone recently diagnosed with a chronic or disabling special-needs condition such as a cardiovascular disorder, chronic heart failure, or diabetes to change Advantage plans for stronger coverage.

Remember: don’t be fooled by 800-number commercials promising better coverage IF YOU QUALIFY. They’re aiming to mine and sell your personal information to other online companies. It’s always been advisable to utilize a local, certified broker to help choose the best options for you, and with increasing complications coming in 2026, that’s all the more important.

Stay safe; stay local!

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.

— LOAN ZONE MORTGAGE —

What’s Happening with Real Estate?

BY WANDA NORGE, MORTGAGE CONSULTANT

Tariff news and declining consumer confidence have sparked growing concerns about an economic recession. Some stories are surfacing about how a recession could hurt the housing market. In fact, a recent article from Realtor.com warned potential homebuyers that a recession would drive home prices lower.

But these media sources are driving fear instead of facts. In reality, over the past 50+ years, there have been seven recessions. Home values have risen in six of the seven recessions. The only time they declined when the recession was due to overly relaxed mortgage qualifications.

It’s true that the unemployment rate tends to rise during recessions, which would reduce the number of qualified homebuyers. However, recessions typically also cause interest rates to decline. And the additional number of qualified homebuyers more than compensates for a rise in unemployment. History suggests the housing sector proves resilient in a potential recession.

Home values in May were up 2.3% to 2.8% compared to a year ago, according to the Case-Shiller and FHFA indexes. And while pending home sales slowed in June, the National Association of REALTORS® reports growing optimism about buyer activity. Interested in your home’s value? I can provide you with a detailed market value report. Just ask!

The market has been projecting a rate cut by the Federal Reserve in September, with one or two more rate cuts possible. When short-term



“Interested in your home’s value? Just ask!”

interest rates are lowered, that directly affects the second-home equity lines of credit and fixed-rate loans. First mortgages are not directly affected, since those are based on Mortgage-Backed Securities.

Impacts to you: Instead of paying double-digit interest rates on those credit cards that keep adding to your balance every month, let’s use the equity in your home to consolidate those debts into a much lower rate and payment. This is a better option than solicitations from credit relief companies. They actually want you to let your payments go delinquent for 6 months before

taking action. That’s not the greatest strategy for retaining a good credit history.

If retaining the home when going through a divorce, assume the low first-mortgage rate already in place, if allowed. Then get funds with a second loan to complete an equity buyout.

We just helped one 70-year-old client retain his current home and buy out the spouse with a reverse mortgage. He has no mortgage payment now, retains the home and has access to a line of credit that was part of the reverse loan to use for upcoming bills or travel, if needed. Reverse mortgages are great options for the right clients. They can also be used to purchase a new home and end up with no mortgage payment.

If you’re thinking about buying or refinancing, or are considering divorcing, let’s navigate options and discuss the pros and cons. No cost to ask questions!

Wanda Norge, Certified Mortgage Advisor (CMA), Certified Divorce Lending Professional (CDLP), National Association of Divorce Professionals (NADP), Loan Zone Mortgage, LLC (NMLS: 1870102), 19 yrs exp, 24 yr Evergreen Resident, Phone: 303-419-6568, loans@wandanorge.com, www.loanzonemortgage.com/wanda-norge (NMLS: 280102).



— KELLER WILLIAMS FOOTHILLS REALTY —

Transitions

BY LISA PLUMMER SMITH

“Onward and upward we go, the only constant is change.”

Finally the day arrived, the day we left on the road trip to take our daughter to college. We turned the page — packaged, prepared, said our goodbyes, and drove away. We stopped for one last, long hug, then drove away from one great experience toward another offering even greater rewards.

For 2 days we drove west through the heat toward the ocean—listening to her playlist and savoring this new adventure: off to college.

We arrived early move-in morning (pro tip from my sister) and got the window bed. Semi structured chaos ensued, with families vying for carts with which to move their students into the dorms while navigating garages, elevators, ramps, and hallways.

By afternoon her room was unpacked and nearly transformed into her new home. I was deeply in need of coffee and less stimulation, so I slipped away to an antique store a short jaunt away.

Cup in hand, a bit later I was joined by my daughter, who informed me I had no service and she'd had to track my location to find me; she didn't look happy.

Location tracking has been a thing we do, she and I, in order to share our locations. Now that she's going to college we agreed to keep it on for safety ,but not look all the time. Served us well.

Now I'm 2 days post drop off and feeling a bit flat. I left my favorite human—something I've never done before—and am headed home without her.

She will do great, and I am oh so proud of her. Onward and upward we go, the only constant is change, and no matter how much we prepare for life's events, we walk them, we live them, we forge through them, always remembering how

fortunate we are to have lived the moments that make up our lives.

We have ups, we have downs, we honor our feelings, and process. Trust in the process and give yourself grace; it will go a long way when we are coping with life.



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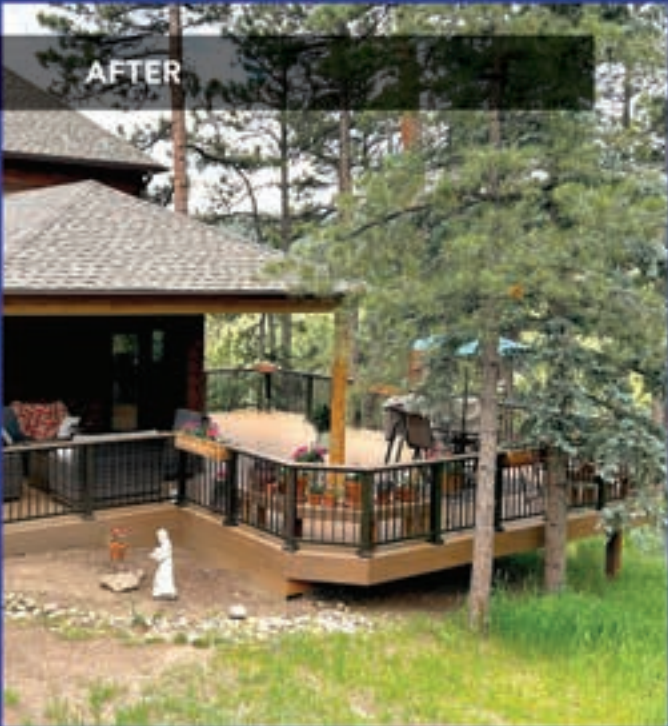
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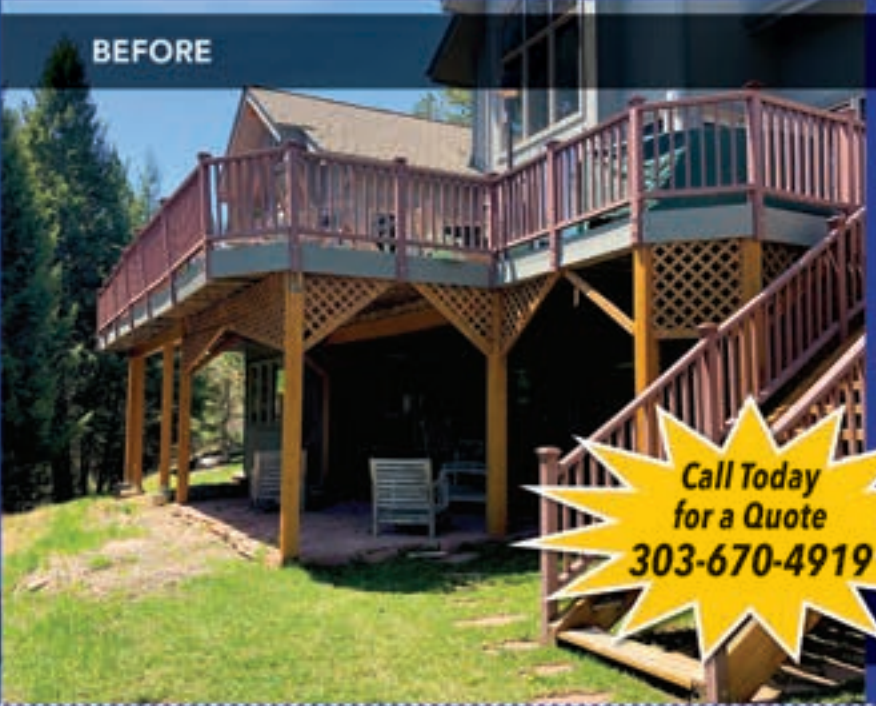
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— ON THE MOVE FITNESS —

Alcohol and Weight Loss

BY DEB BROWN, NSCA CPT, CWC, CNS

“If your goals include weight loss, think about analyzing your alcohol intake and cutting back.”

As you can imagine, we work with many clients who want to lose weight. After they have started to work out consistently, our next step is to analyze what they are putting in their bodies. We have our clients keep a food journal for a minimum of 3–4 weeks. Besides the obvious advice about cutting down on any high-fat, high-calorie, and processed foods, we work with clients on analyzing their alcohol intake.

We often see a direct correlation between alcohol consumption and a difficulty with losing weight. We also routinely encounter disbelief that the “few drinks a week” are what is sabotaging all of the hard work being done in the gym. When analyzed, those “few drinks” often turn into 5–7 drinks per week. And the “small glass of wine,” when measured, turns out to be more like 7 oz, instead of a typical serving size of 4 oz. A typical 12 oz. beer contains approximately 150 calories, and a 7 oz. glass of white wine contains about 160 calories. These are empty, non-nutritive calories. If you do a little math, it’s obvious that those empty calories can quickly add up over the course of a single week.

Alcohol consumption is directly in opposition to weight-loss efforts. Not only are you putting extra calories into your body with the alcohol, but you typically will also eat more food, and higher-calorie foods, along with the alcohol.



“Alcohol consumption is directly in opposition to weight-loss efforts.”

After a drink or two, mindless eating rules. Any plan you may have had to limit your food portions goes right out the window.

If you are serious about your weight-loss goals, habitual social and/or casual drinking just cannot be a part of your life. We counsel clients to cut out the alcohol to 1–2 drinks per week.

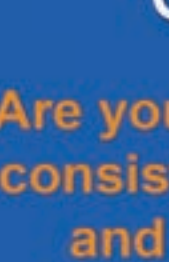
Many clients are surprised when they try to go a week with no or little alcohol and have a hard time doing it. Most of the time, it is an ingrained habit, rather than a physical addiction. One strategy that has worked for clients is to plan out when they are going to have that drink or two. This takes focus, discipline and support from friends and family. After a few weeks of doing this, it becomes just a way of life.

Clients find they have more energy, eat healthier and have more productive workouts. Also, when they begin to see some real movement on the scale, it is very motivating to stick with it!!

If your goals include weight loss, think about analyzing your alcohol intake and cutting back. It could just be the thing that is keeping you from losing that weight and obtaining optimal wellness!

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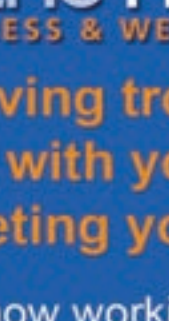
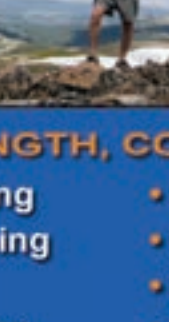
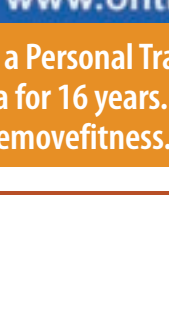
Deb Brown is an NSCA Certified Personal Trainer and the owner of the On The Move Fitness Personal Training Studio located in Conifer. For more information about how we can help you get in shape, please visit www.onthemovefitness.com or call us at 303-816-1426.



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A Skeptic's View

Signal to Noise Ratio

BY GARY LOFFLER

When talking with a communications expert, it is not uncommon to hear the phrase “Signal to Noise ratio,” or SNR. There is a page on Wikipedia that explains it in great detail, but the basic idea is simple. It is the ratio between the good information (signal) and the bad information (noise). A sound engineer or an audiophile would minimize noise by using good equipment configured properly. Monster Cable, for example, made a lot of money in the 1980s by creating audio cables that reduced SNR in analog systems. Analog devices use an electronic wave to move sound information from one piece to another, and Monster Cables provided the cleanest signals. (Yes, this is an oversimplification, and lots of people can explain it better, but for my purposes it is good enough.) The advent of digital audio has lessened the need for Monster Cables; but HDMI, Display Port, and USB-C come in a variety of specs for different uses, so just buying cheap cables still does not always work.

The concept of signal to noise is not limited to just analog sound reproduction. I deal with SNR every day as I have age-appropriate hearing loss and tinnitus. This is a rather common problem, and it can sometimes be difficult to hear conversations, but it is not enough for hearing aids yet. If I do eventually need hearing aids, it will likely be an app on my phone that uses the phone's hardware to clean up the ambient sound and send a clean signal to my ear buds. The technology is not quite there yet; the current app is reported as okay, but the battery life of the buds makes it difficult. Still, if you already have an iPhone, it is significantly cheaper than prescription hearing aids.

Another area with a bad SNR problem is the internet. Looking for information can be difficult, depending on the subject. If you need to find the square root of 144, any search engine will get you the right answer easily. Looking for info on mRNA vaccines can result in a barrage of conflicting results. The degree of clashing search



*“We tend to think of the internet as an information source,
but really it is driven by advertisement income”*

returns varies from person to person, because your search engines are typically set to remember your previous inquiries and customize your displayed results to match. If you frequent websites and media posts that claim vaccines are not safe, your web search results will reflect that. The algorithms that decide what results to display can also get overwhelmed by sheer volume of opinions. In the case of vaccines, the people opposed to them are making a lot more noise than the scientific and medical sites. Once a site like Harvard.edu publishes a study, they do little to promote traffic to that page, and they don't

do daily media blasts about vaccine safety. The same cannot be said for anti-vaccers. The page is easy to find if you use the correct search words: Harvard, mRNA vaccine, and safety. If you leave out the search word Harvard, the page is not likely to come up.

We tend to think of the internet as an information source, but really it is driven by advertisement income. Pretty much all web pages feature some sort of ads or are themselves selling something. Those helpful pages extolling the virtues of herbal cures and detox methods make their money by selling those products.

The lack of any scientific proof does nothing to slow down their claims. As an example, consider Vitamin C for the common cold. In the late 1990s a cold product named Airborne was released. This was a supplement that was marketed heavily for its ability to combat the common cold and their claims that it was scientifically tested. It sold well. The only problem was that their scientific data did not exist. Eventually they were sued by public and private interests and paid over \$50 million in fines. It should be noted that these fines were for false advertising, and the FCC did not look into what was actually in the supplement. One would think that would be enough to kill off Airborne; but it is still available today, though their claims of efficacy are greatly muted. On a side note, Vitamin C is water soluble, and any excess intake is usually passed through the body quickly. Vitamin D, on the other hand, is fat soluble, so it is retained by the body for much longer and can cause some serious side effects. Your average internet health guru may consider both as “safe” and “natural,” even in large doses; but your doctor probably will urge a more cautious approach. Vitamin D in amounts thousands of times higher than the recommended daily amount is used in rat poison. No supplement even comes close to that dose, but it is a solid reminder that you can have too much of a good thing.

For those of you who thought the Monster Cable and Airborne references were old, I have one more: separate the chaff from the wheat. This phrase even predates the English language. Literally it means to remove the husks from the grains of wheat; figuratively it means to discern good from bad, basically the same concept that I am ascribing to Signal to Noise Ratio. I do find it amusing to imagine that a couple thousand years ago there were used-donkey salesmen claiming this pre-owned donkey had only been ridden once a week by a little old lady to go to the market and back.



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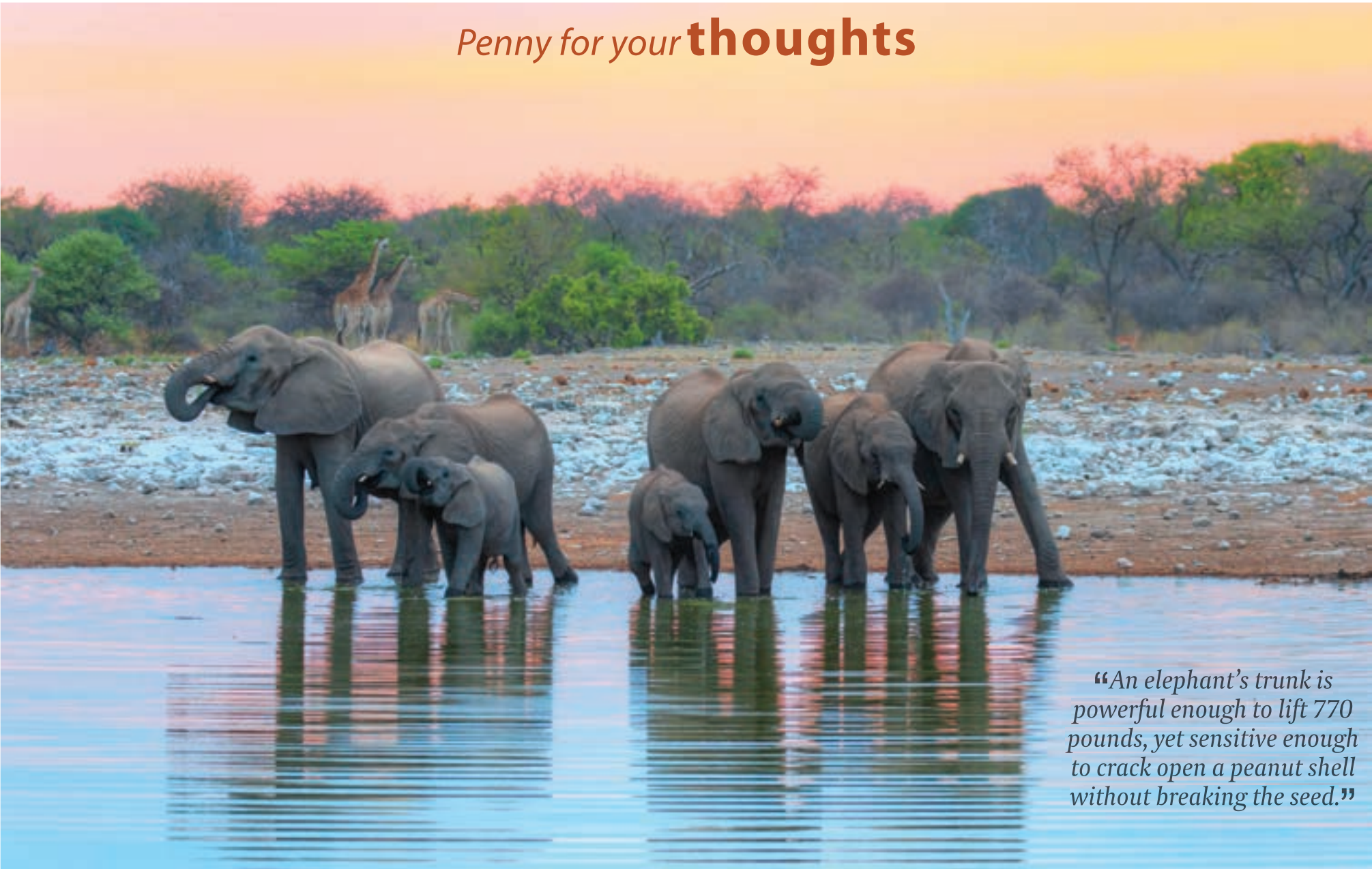
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Penny for your **thoughts**

“An elephant’s trunk is powerful enough to lift 770 pounds, yet sensitive enough to crack open a peanut shell without breaking the seed.”

Juba Enjoys the Elephant

BY PENNY RANDELL

Part 2

I’m back , looking at the elephant again. Yes, this is Juba, and this time I have spent time with a real elephant that has taught me more than I could learn just from books. I’m excited to follow up where we left off last time. Okay, let’s get started!



It is known that the elephant is the largest living terrestrial animal, but did you know the skeleton is made up of well over 300 bones? Their backbone is not very flexible, because their vertebrae are all connected with very tight joints. The African elephant has 21 pairs of ribs, while the Asian elephant has 19 or 20. Cavities, or sinuses, fill the skull, and these cavities reduce the weight of the skull and make it more manageable. Because of these cavities, the skull has a honeycomb-like appearance. This huge cranium provides enough room for the attachment of muscles to support the entire head. Think about a fighting elephant and what jarring the head must take during the fight. It’s good to have all those bones and connections, for this is what protects the skull. Because of the size of the head, the neck remains relatively short for support.

This animal is considered to be a homeotherm, or one whose thermoregulation maintains a stable internal body temperature regardless of external temperatures. Average body temperature usually remains somewhere around 97 degrees F. When it’s cold, the internal temperature drops to about 95.4 F. During the hot, dry season, there can be an increase to 100.4 degrees F.

Elephant ear flaps, or pinnae, are thick in the middle and thinner on the edges. They have numerous capillaries where blood is circulated throughout the ear, releasing body heat into the environment.

An elephant’s eye lacks a lacrimal organ, or tear duct, so they must rely on what is known as a harderian gland to keep the eye moist. Their vision is compromised by the location and limited mobility of the eyes. Also, elephants are dichromatic, meaning that they have only two of the typical three kinds of photoreceptors, called cone cells. This limits the number of colors that they can distinguish. However, it also enables them to see better in dim light, although not so well in bright light.

The elongated and prehensile trunk, called a proboscis, is used when hunting and other duties arise. This organ consists of the nose and the upper lip, which fuse in early fetal development. This amazing appendage contains up to 150 separate muscle fascicles, with no bone and little fat. This means bundles of skeletal muscle fiber fills the trunk. The muscles of the trunk connect to a bony opening in the skull. The nasal septum consists of small elastic muscles between the nostrils, which are divided by cartilage at the base. A proboscis nerve—a combination of the maxillary and facial nerves—lines each side of the trunk.

This enormous animal uses his trunk in three movements: bending, twisting, and longitudinal stretching and retracting. The trunk has almost unlimited flexibility. And too, his trunk has a useable tip that helps in eating. He can get objects held by this tip into his mouth by curving the appendage inward. And the tip can be moved about in a way similar to the human hand. Their skin is more elastic on the dorsal side of the trunk than underneath, allowing this animal to stretch and coil its trunk. The flexibility of the trunk is aided by the numerous wrinkles in the skin. African elephants have two finger-like extensions at the tip of the trunk, which allow them to pluck small food. The flexibility of the

trunk is crucial, for it aids in foraging as well as in wrestling other elephants. It is powerful enough to lift 770 pounds, yet sensitive enough to crack open a peanut shell without breaking the seed. Using the trunk, elephants can reach up to 23 feet high and also can dig in the water, mud, and sand wherever they’re standing. This trunk is capable of powerful siphoning, and the nostrils can be expanded by 30%, leading to a greater intake of air. They also use the trunk to suck up water, which can be squirted into the mouth or over their body.

To support the animal’s weight, an elephant’s legs are positioned more vertically under the body than those of other animals. Both the front and hind limbs provide support. Because of this structure, they can stand for hours without a rest. Elephants can move both forward and backward, but are incapable of trotting, jumping, or galloping. They move on land by simple walking, or by ambling, which is a faster walking gait, decreasing their travel time. Fast-moving elephants appear to “run” with their front legs, but walk with their hind legs. They can reach a top speed of 16 mph. As far as feet go, they have cushioned pads that can expand and contract, reducing pain and noise. They are capable swimmers and can swim for up to six hours, moving 1 mph for up to 31 miles continuously.

This is a lot of information; so let’s stop and report a good deal through story telling. We begin with a tale that nobody should miss:

It was a very hot day when a certain human lady decided on a short jaunt through elephant territory. Somehow, the supposedly easy-to-follow route had become laced with tree limbs and plant life that buried the trail. The farther she walked the more lost she became. She saw no signs of humans, and after the sky turned black, she had lost all hope of being found. She was in the Serengeti for a fact, but had been separated from her companions and was left all alone.

What seemed like hours of pacing turned into a bit of running. Once she accepted her predicament, she calmed herself and ended up in an area with many trees. She gave up and wrestled with the fallen branches in an effort to hide. Eventually, she rested her body close to the standing trees and simply went to sleep.

Hours later a group of elephants approached her sleeping nest and worked to cover her body with the fallen limbs. When she awoke, the lady found herself deeply covered, but not afraid. The group responsible for it all remained standing quietly nearby. At daylight this lady quietly uncovered herself from the limbs and stood up. The elephants watched her every move, walking slowly towards her. She relaxed and followed the elephants, who led her safely to her missing companions.

A second true story is told by a group of tourists who were fortunate enough to witness elephant behavior. These folks were in Kruger National Park in South Africa when they observed this event. This incident is one of compassion and its effects.

The tourists witnessed a baby antelope that had slipped and fallen into a man-made watering hole. While the impala calf floundered in the water, an elephant appeared from some distance, obviously in distress. It quickly moved across the edge of the watering hole. The elephant got to the calf, extended its trunk, and pulled and prodded until the calf was freed.

Knowing a bit more elephant biology is both exciting and entertaining. Basic scientists, along with many notable ethologists, or animal behaviorists, place the elephant alone when it comes to compassion and communication. Non-verbal communication seals the deal. Often, whispering in an elephant’s ear will be responded to in a way that’s practically a miracle. These remarkable animals exhibit a wide variety of behaviors related to grief, learning, mimicry, playing, altruism, tool use, compassion, self-awareness, memory, and communication. An elephant can also follow a pointing finger, which has been a fairly new discovery

Hopefully you have enjoyed this study. When traveling, include places that have animals with all kinds of behavior. This is my favorite...I’m going to zoos.

Juba here saying bye-bye for this month. Elephants are winners, and you can continue to study them. I look forward to the study of another critter. In the meantime, enjoy your summer.

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Dogs, Dogs, Dogs

BY CATHY KOWALSKI

Summer has been awesome with so many opportunities to share with your best buddy, but not all places are necessarily the best experience for our four-legged buds.

There are many things to keep in mind when taking your dog to new or different places. When we train service dogs, we do try to make sure that they are exposed to as many things as possible, like people, sounds, etc. However, we do that carefully, making sure that the dogs are not overwhelmed and that the sounds are not too loud, all the while keeping an eye on the dog’s body language to make sure that the experience is positive!

At a concert you would not want to have your pup right next to the speakers—their ears are more sensitive than ours. They can hear higher and lower pitches, which means at a concert they are hearing sounds that you are not, and it can actually be painful. Crowds enjoying a concert may not notice that there is a dog below them, and it’s easy for your dog to get stepped on, or feel trapped with so many people around. Make sure they do not feel closed in. If your dog is showing any signs of stress, that’s the time to leave.

When enjoying a crowded event, you will want to make sure that your dog is comfortable being petted by strangers. Dogs seem to be irresistible,

and many people like to reach down and pet every dog. To avoid any problems, you will want to work with your dog to sit calmly while being petted. It’s always a good idea to ask people to start under their chin to pet your dog—placing a hand over the head of a dog to pet it can cause a dog to become anxious. Think about how you would feel if a stranger came up and immediately put their hand over your head where you could not see it, and you had no idea what they were going to do.

When you are at an event with your dog, you should be aware of what your dog is doing as well as what is going on with other dogs. You will want to avoid the area where a dog seems to be reactive towards other dogs by barking, lunging, or growling. That dog may be a very nice dog but is on overload because of the environment.

You will want to be aware of your dog panting or drooling excessively, either because of stress or because it is too hot for them to be there. Try to stay in the shade, make sure that your dog has plenty of water, and tie a wet bandanna around their neck to stay cool. If their tail is tucked, they

are licking their lips or yawning, their ears are pinned back, or they are trying to hide behind you, your dog is saying it’s a good time to leave!

When we work with service dogs in training, we evaluate their reactions to the environment. If they appear to be stressed, we take the team farther away from whatever is problematic for the dog and treat them when they are calm. We will then slowly get closer, treating them as long as they are comfortable. If they start showing signs of stress, it’s time to go farther away. The dog sets the pace—never force them. Allowing your dog to gradually get used to new people, places, or experiences builds their self-confidence and sets them up for success!



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



PERSONAL HEATH “FIX-UP”

BY ANNE VICKSTROM

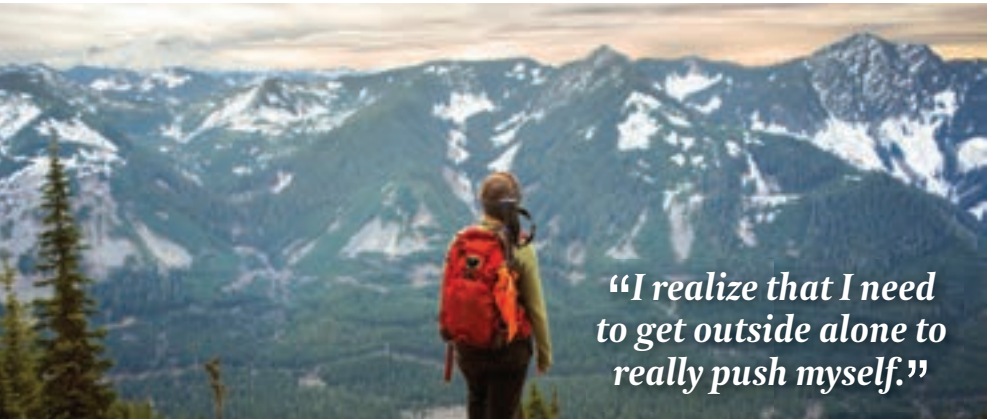
“It’s time to get serious about setting out to be a better me in the coming months.”

With this month’s *Your Mountain Connection* theme of Health and Fall Fix-ups, I have to ask myself, isn’t that the same thing? If I want to enjoy health, it goes without saying that I could use a personal fix-up myself. And let’s be clear, I am nothing close to being a health expert. I have no education on health other than what I glean from reading and listening to friends.

I recently found myself on a hike that had been promised to be “like walking down a path,” but turned out to be a challenge to simply not fall and break my neck. The route was steep, the landscape was slick, the rocks were unbalanced, and there were holes hidden beneath growth that could swallow a small dog. Every step had to be guarded and, thank heaven, I had been handed a walking stick that allowed me to test a patch of earth before setting my weight on it. Before this little outing, I had prided myself on being a fairly strong hiker, but this was a wake-up call.

Over the past summers, I had prepared to complete strenuous, challenging hikes; but without anticipation of a particular goal this summer, I’d let my guard down. Although I’m pretty good about “getting in my steps” each day, I had become complacent about keeping my legs strong, checking my balance, and getting my heart rate up daily. That slower pace made me too comfortable; I became lazy.

With the arrival of fall and the anticipation of hitting the slopes, it’s time to get serious about setting out to be a better me in the coming months. Although I love having leisurely walks and talks with friends, I realize that I need to get outside alone to really push myself. Sad to



“I realize that I need to get outside alone to really push myself.”

say, our little dachshund isn’t exactly the best training partner. Taking him on a walk one day, he refused to move, so I carried him for a while, then set him down, which usually works to get him going. Nope. No go. I continued this process when the friend I was walking with said, “So, this is what it means to ‘take’ your dog for a walk?” I’ll still take walks with my pet companion, but if I want to get my heart rate up, he’ll need to stay home. I can’t use him as an excuse.

Along with exercise, sleep is essential to a healthy lifestyle, and lately, I’ve realized that the glass of wine with dinner is too costly. I enjoy wine, but I enjoy sleeping through the night even more. Non-alcoholic drinks served in a pretty glass give me the same pleasure.

It seems I’m not the only person drinking less. According to a recent Gallup poll, “The percentage of U.S. adults who say they consume alcohol has fallen to 54%, the lowest

by one percentage point in Gallup’s nearly 90-year trend. This coincides with a growing belief among Americans that moderate alcohol consumption is bad for one’s health, now the majority view for the first time.”

It’s not only alcohol that can keep us from getting that essential full eight hours of quality rest, but also being exposed to technology within a few hours of going to sleep. I have a bad habit of watching TV right before heading to bed. I need to try to turn off the screen and instead pick up a book, meditate, or go for a walk in our clean mountain air instead.

“Individuals who watched, on average, about an hour and a half more daily television than their peers throughout mid-to-late adulthood saw their brain volume reduced by approximately .5%,” according to Ryan Dougherty, post-doctoral fellow in the Johns Hopkins Bloomberg School of Public Health. “That percentage may

seem small, but prevailing scientific thought says preserving our brain integrity can prolong the time until we notice age-related cognitive decline.”

It is also suggested that becoming healthier means cutting out sugar. This one is tough for me. I start each day with sugar from my coffee creamer. I know, I know, that’s a bad way to start your day. So, honey is a good replacement, although it has similar effects as cane sugar. At least I’m keeping the bees in business. In the evening, when I have a hankering for something sweet, I’ve found that having a few chocolate chips will knock my craving down. I don’t need a bowl of ice cream, just a little hit of chocolate does the job.

We recently stayed with friends whose hobby it is to live right. They do cold baths, start their day with dark chocolate with their coffee, and exercise every day—not just going for a walk, but actually pulling out equipment and getting down on the ground. They don’t serve bread with dinner, and they don’t touch alcohol. Good for them—they are living as they wish. For me, I’ll set out and try to do my best, but if a friend makes me fresh lemon scones, I’m going to enjoy every bite.

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

COOKING CLASSES WITH...



Pulled Smoked Lamb

BY TOM BECKER

It was in Greek Town in Chicago when I had my first bite of lamb. A gyro. I had no idea of what that was until it was handed to me, and what a delight it was. I was what, maybe 14 years old, but I had discovered a new favorite, lamb. Then came my next bite, at a local restaurant where it was smothered in this strange sweet-minty glaze. Horrible. Next in the home of family friends, again with another minty seasoning. I don't think I ate lamb again for 8 or 10 years, when I made it myself for my new wife and some California friends. I had no idea of what I was really doing, but I slathered a leg of lamb with various herbs and spices and roasted it in the oven. It was pretty good, and much better than the minty lamb.

I speak with a lot of people who truly dislike lamb, but when asked why, I don't always get a definitive answer. When probed, gaminess and seasoning tend to become the main reasons for disliking it, and that is where the seasoning and preparation of it really come into play. Simply put, due to dietary fatty acids, grass-fed lamb exhibits a more gamey flavor. This flavor, however, can be combatted with the removal of fat and then marinating with more acidic ingredients, such as salts, yogurt, and lemon. For me, smart seasoning and a dry brine in general play a huge role in producing a fabulous-tasting lamb dish. Now, with that in mind, let me explain and share what I'm doing today. We have a great friend, Tina, who grew up in Alsace, France. We know her family over there, and on their trips to Colorado, we often get together and I cook. I try to stay within a continental approach, as they are French foodies, and this time I was asked about doing a leg of lamb. But I have decided to throw a bit of a curve ball and try something different. How about a smoked pulled lamb. But not a traditional BBQ flavored style, rather a smoked and pulled leg of lamb, served with a flavorful sauce bridging a continental flavoring and American



BBQ. Could be fun. So, it's practice day, and here we go!
I have a 4-and-a-half-pound, partial bone-in leg of lamb. Late yesterday I trimmed the fat-cap, sliced along the bone, and dried it all off. I made a rub of salt, pepper, paprika, brown sugar, ground Herbs de Provence and fennel seed, and a pinch of chili pepper, garlic powder, and onion powder. I rubbed the lamb down on all sides and along the split at the bone with EVO and just a little molasses as binders. I followed that with my rub. I then laid fresh rosemary spears alongside the bone and tied it up. Placing the lamb in a pan with a loose food wrap cover, I let it rest in the refrigerator overnight, and I removed it at 7:30 this morning to reach room temperature. Using pecan pellets, I set the Traeger temp at 225. I chose the pecan pellets because I felt that the soft, sweet, and nutty flavor would pair well with both the lamb and the rub. When ready, I placed the lamb directly on the grates, fat side down, with the super-smoke mode on. I smoked it for one hour, and then inserted a temperature probe; I increased the temperature to 275 and

let it slowly cook for four hours, to an internal temp of 160 degrees. At that point, I removed the lamb and placed it in a Dutch oven and raised the Traeger temp to 325. Meanwhile, in a separate pot, I made a braising sauce of beef stock, red wine, sliced onion, crushed garlic, Herbs de Provence, salt and pepper, and a liquid seasoning which I really like, called W Sauce. Give it a try, it's easy to find. Bring this mixture to a boil and then do a low simmer for 15 minutes. Adjust the seasoning to your taste and when finished, add it to the lamb in the Dutch oven. You want the sauce halfway up the lamb for this final braise, so consider this when you're making the sauce. I also scored the top of the meat and rubbed it down with a good quality grass-fed butter. This provides an extra bit of moisture and flavor. Next, reinsert the probe and cover the pot. Your goal is to braise the lamb to 200 degrees, about another 3-4 hours. My lamb seemed to stall out at 190 for about 20 minutes, so I gave it a simple test of inserting another probe to test doneness. It went in like butter, telling me I was done. I removed it from the heat and let the lamb rest for 20 to 30

minutes. I then removed the meat and transferred it to a large bowl and, using bear claws, shredded the meat. Finally, I added the remaining braising broth to the lamb.

This really turned out special, and I can't wait to make it for Tina's family. I think that I'll serve it with an Au Gratin potato, prosciutto-wrapped asparagus, and a baguette for the sauce. Not quite an American BBQ and not quite a European lamb dish, but perhaps the perfect meal out on a Colorado deck!

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.

Pet connections

Are You Ready to Share Your Home and Heart?



MEET BLAIRE!

Blair is a 7-month-old heeler mix. She is great with other dogs and kids. We have not cat tested her, but we can't imagine she would have any issues. Blaire is sassy, sweet, and eager to please. She can be a little shy in new situations, but with experience, she will blossom into a fun, outgoing girl. Blaire would love a home of her own and possibly a friend to play with. But she would be fine as the only dog. A yard would be a PLUS for her. She is a typical heeler mix: play, play, play, and fall asleep. Put in an application at www.eapl.com.

ALL PHOTOS BY GARY LOFFLER



MEET JOEY!

Joey is a 7-year-old, 30-pound gentleman seeking a loving home. Joey has a chill demeanor and would thrive as the only dog or would do well with another calm, submissive dog in the house. Joey is a little shy when meeting new people, but once he settles in he is always aware of where you are and wants to be nearby. Because he is so calm, the high energy of young kids may cause him to melt into the background more than he would otherwise. Give Joey a chance and he will give you his love and his heart forever. Put in an application at www.eapl.com.



MEET LIZZIE!

Lizzie is a smart, fun, loving, slightly clumsy, five-month-old lab/pitbull mix. When Lizzie came into foster a month ago, she had no filter and no training, but a huge desire to please her foster and be a good puppy. Her foster has spent the past month exposing her to many things and working with her consistently, and she is developing into the most amazing puppy! Put in an application at www.eapl.com.



Evergreen
Animal
Protective
League

Introducing Evergreen
Animal Protective
League (EAPL)
Have you met us yet?

EAPL was established in 1981 as an all-breed rescue servicing Colorado, supported by public donations, fund-raising activities, and our retail Thrift Store. Although we have a pet adoption fee that contributes to the rescue, the fee doesn't cover the cost of vet care, food, advertising, and other needs of each pet we take into the rescue. We are solely reliant on raising our funds to operate, and depend upon the community for contributions and for our volunteers.

We are a nonprofit rescue organization run 100% by volunteers and recognized for tax-exempt status by the Internal Revenue Service (TAX ID 74-2204391). We are a foster-home-based rescue; we do not have a facility to house dogs. EAPL has a Cat Adoption Center in Chow Down Pet Supplies at 1260 Bergen Parkway in Evergreen for our adult cats. Our kittens are housed in foster homes.

EAPL has a Thrift Store, located at 27888 Meadow Dr in Evergreen; all proceeds benefit the pets in our care. We have unique, quirky, and one-of-a-kind items, and best of all, the store's merchandise changes daily! A shopping stop MUST on your list. DONATE • SHOP • VOLUNTEER! Interested in volunteering? Call 303-679-2504 or stop by and talk to the team.

SAVE THE DATES: EAPL's Zombie Fun Run 2025 on October 26th, EAPL Thrift Shop Open House and photos with Santa on November 15th, and Chow Down's Customer Appreciation Day, including EAPL's photos with Santa on December 6th! We are looking forward to meeting you at our events.

EAPL retail thrift shop 27888 Meadow Drive, Evergreen
eaplevergreen@eapl.com • 303-674-6442 • eapl.com



MEET KEMAH!

Found on the side of the road with a injured leg, she wasn't set to make it out of the shelter. With some cage rest, love, and proper nutrition, this girl has been THRIVING. She LOVES walks and is working on her leash skills, as she has a pretty high prey drive; so no cats or small dogs! She is vocal and welcoming, playful and snuggly. She would do well in a home with another dog, as she loves to play. On the smaller side, weighing in under 30 lbs, she is a LOVER of life, crate trained, almost house trained, and ready to find her forever home. Put in an application at www.eapl.com.

Evergreen Chamber Ribbon Cuttings and News



The Barry Team
A boutique mortgage firm that specializes in working with business owners, first-time homebuyers, and investors. We provide personalized financing solutions for unique situations.

Cathy Barry – Mortgage Consultant
303-903-3200
cathy.barry@tbtloans.com
tbtloans.com



Compass+Crossroads
College consultant guides families on stress-free approach to college planning: organization, list-building, essay writing, and personalized tools for success!

Leah Rogin – College Consultant
970-819-2712
leahrogin@gmail.com
compassandcrossroads.org



EverGreen Bookkeeping, LLC
EverGreen Bookkeeping, LLC, a dedicated bookkeeping service, offers businesses of all sizes a chance to regain focus on growth by providing comprehensive bookkeeping solutions.

Chris Davis – Owner
303-502-0422
cdavis@evergreenbookkeepingllc.com
EverGreenBookkeepingLLC.com



Front Range Business Ops
Front Range Business Ops provides small and medium-sized businesses with reliable and efficient operational support, including accounting, data analytics, payroll, HR, compliance, and planning service

Amy Broxterman – Owner
303-335-0555
amy@frontrangebizops.com
frontrangebizops.com



A huge thank you to Bryan Caldwell, local American Family Insurance agent, for partnering with the Chamber to bring this delicious and fun event!



Sip and Savor

BY NANCY JUDGE

Have you ever wanted to try ordering something new off the menu but didn't want to order a full portion? What if you do not like it? What if it is not spicy enough? Too spicy? If you are like me, you order your "regular" and you are happy, but you still wonder what that other dish tastes like. Wonder no more! TASTE OF EVERGREEN will have about 30 local vendors providing over 40 different tastes and sips, allowing us all to try many "something new"! You purchase a ticket to attend, and you will have over two hours to walk among the vendors and try each one. Some of the vendors even offer items in multiple categories. After you have tried them all, go on the community app, Everything Evergreen, to vote for your favorite in each of six categories: Best Savory, Best Sweet, Best Sip, Best Spirit, Best Java Jolt, and Best Hops and Grapes.



A huge thank you to Bryan Caldwell, local American Family Insurance agent, for partnering with the Chamber to bring this delicious and fun event! Join us on Tuesday, September 16, at the Evergreen Lake House. Tickets can be purchased online at evergreenchamber.org Happy Hour will run from 4:30 – 5:30 pm, and general admission will be from 5:00 – 7:30pm. Come try what are sure to become some new favorites from our amazing local food options. Rough Mix, starring John Erlandson and his friends, will provide live music to accompany the evening.

Our monthly celebration of Evergreen's 150th anniversary continues on September 6 when we will explore the original Evergreen Conference Center. Join us from noon – 2 pm. The event will kick off at Church of the Transfiguration.

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

SUPPORT LOCAL!



Elk Rut Season Is No Joke

As the tenth season of Wild Aware's Wildlife Watch begins heralding the fall rut, get ready for some incredible wildlife viewing at Evergreen Lake and the Golf Course! The Wild Aware Wildlife Watch program ensures both wildlife watchers and elk stay safe during this exciting time.

Why is this important? During the rut, bull elk can become aggressive as they compete for mates. To stay safe, maintain a distance of at least 100 feet (about two bus lengths) from elk.

Tips for Safe Viewing:

- **Keep Your Distance:** Always watch wildlife from afar.
- **Use Technology:** Bring a zoom lens or binoculars for a closer look.
- **Stay Informed:** Trained volunteers from Wild Aware will be on hand to help.

By following these guidelines, you can enjoy the awe-inspiring sight of bull elk in their natural habitat without putting yourself or the animals at risk.

Fall Rut Season: In October 2022, a golfer at Evergreen Golf Course was injured when a bull elk charged their golf cart. To prevent such incidents, Denver Mountain Parks/Denver Parks and Recreation and Wildlife Watch volunteer

training, which was conducted by Evergreen Audubon, implemented safety measures including cautionary signs, barricades, and on-site wildlife officers and volunteers.

Spring 2025 Elk Birthing Season: Cow elk became aggressive to protect their newborns, often charging at visitors, especially those with dogs. Elk see dogs as predators and will defend their young aggressively. Wild Aware advises visitors to leave dogs at home during the birthing season. Stay safe and enjoy the wildlife responsibly.



For more information, email info@wildaware.org or visit wildaware.org

Conifer Chamber Ribbon Cuttings and News

Wild & Well



A Mountain Wellness Fair

SATURDAY, SEPTEMBER 6
10:00 am- 5:00 pm

**At Our Lady of the Pines**

More Info Here 





Kings Valley Wine and Spirits
Your neighborhood liquor store is under new ownership! Welcome, Kim and Clint Anderson

30403 Kings Valley Drive
Suite 1-101
Conifer, CO 80433
970-529-3974
kingsvalleywineandspirits.com

Wild & Well A Mountain Wellness Fair

A Day of Learning and Whole-Person Health
BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

The Wild and Well Mountain Wellness Fair is a comprehensive health and wellness event designed to give attendees practical tools, resources, and experiences to support physical, mental, and emotional well-being. This full-day program brings together skilled practitioners, healthcare providers, and wellness experts for hands-on learning and professional guidance across a variety of disciplines.

Throughout the fair, participants can choose from a robust schedule of interactive workshops and live demonstrations covering topics such as fitness, stress management, nutrition, mindfulness, and holistic health practices. From yoga flows and guided meditation to herbal remedy preparation and performance coaching, the sessions are designed to provide both education and actionable takeaways.

In addition to educational programming, attendees can take advantage of on-site health and wellness services, including medical screenings such as blood pressure checks; personalized nutritional guidance, with strategies for sustainable healthy eating; resources for outdoor adventure and endurance training; access to mental health support from licensed counselors and organizations specializing in resilience and stress reduction; hearing care information; and local service options.

The fair also includes a community blood drive, giving attendees the opportunity to



contribute to life-saving efforts while participating in the day's activities.

Featured Participants
The 2025 Wild and Well Mountain Wellness Fair will showcase an impressive roster of local wellness leaders, including: • Thrive in Wellness, LLC • Healthy Home Solutions • No Limits Endurance Coaching • Inner Matrix Systems • Peace, Clarity, Purpose, LLC • Vibrant You Nutrition & Wellness • Magical Mocktails • Alpine

Fuel Nutrition • Taspen's Yoga, Music & Healing Center and Taspen's Organics & Dragonfly Botanicals • Conifer Jazzercise Fitness Center • Evergreen Medical Acupuncture • Peaceworks, Inc. • Resilience1220 • GeesExpeditions • Conifer Counseling • Conifer Medical Center and Evergreen Family Medical Center • Conifer Hearing & Tinnitus • AK Apothakary • Bring Us Back To Nature, and more!

The Wild and Well Mountain Wellness Fair offers an opportunity to explore diverse approaches to health, discover local resources, and engage with experts dedicated to helping individuals live well. Join us Saturday, September 6, 10am–5pm at Our Lady of the Pines. More information is available at GoConifer.com or call the Chamber office at 303-838-5711.

Beth Schneider
Executive Director
Conifer Area Chamber of Commerce

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

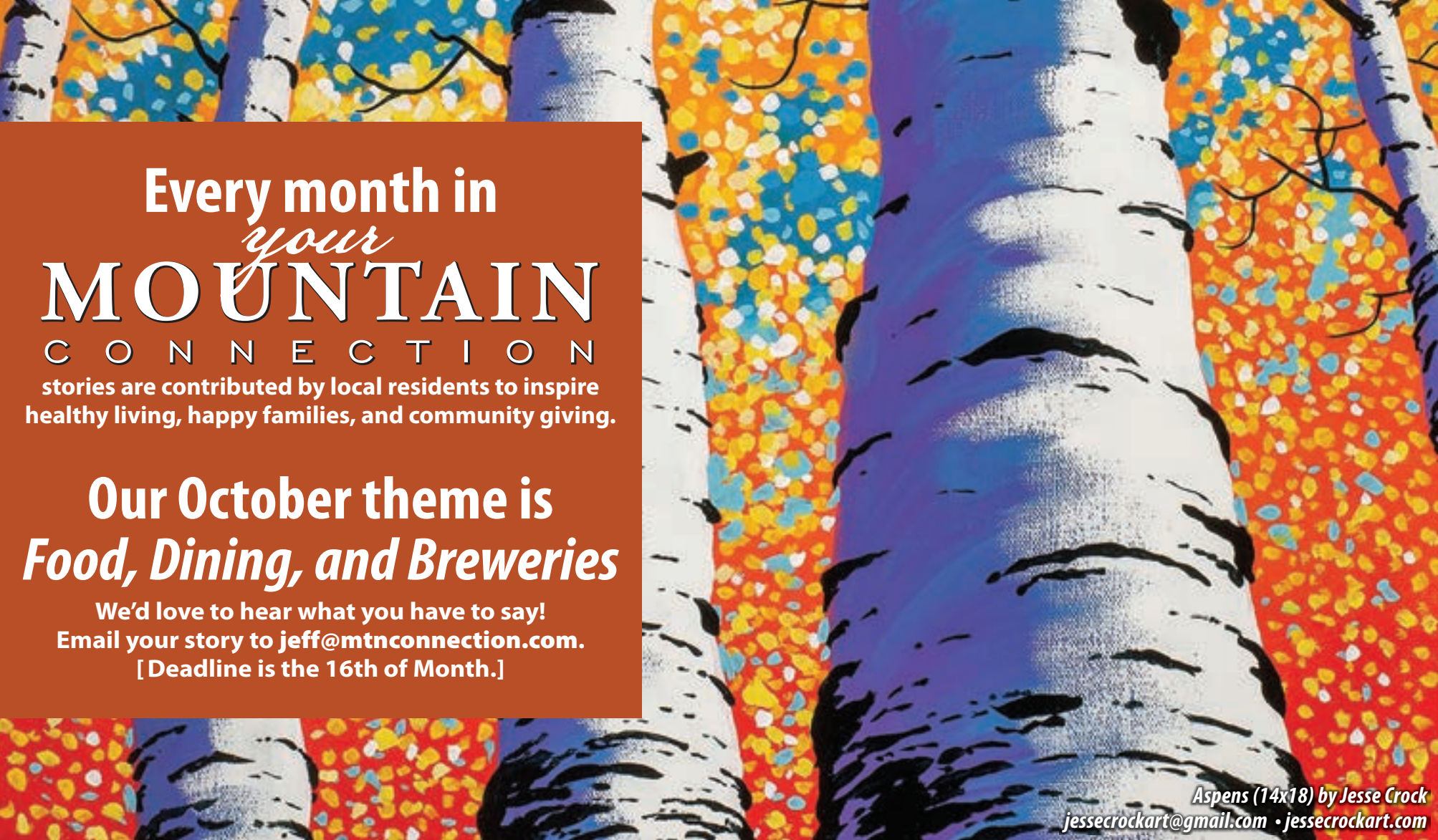
WE SUPPORT LIVING LOCALLY

Every month in *your* MOUNTAIN CONNECTION

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

Our October theme is *Food, Dining, and Breweries*

We'd love to hear what you have to say!
Email your story to jeff@mtnconnection.com.
[Deadline is the 16th of Month.]



Aspens (14x18) by Jesse Crock
jessecrockart@gmail.com • jessecrockart.com

CALENDAR OF EVENTS

September 4
Harvesting Dreams, 80 Year Anniversary Celebration, 6:00–9:00 pm, with a local restaurant chef-curated experience at The Barn at Evergreen Memorial Park, 26624 N Turkey Creek Rd, Evergreen. Enjoy local cuisine, live music, and inspiring stories—all supporting mountain-area students. Tickets \$110. Save the date! <https://www.bootstrapsinc.org/events>

September 4, 11, 18, 25
Join us for Thirsty Thursdays at the Blackbird Cafe, from 4–7:45 pm, for local live music, appetizers, and drinks. 25940 Highway 74 in Kittredge.

September 6
Evergreen’s 150th, Sacred Spaces: Church of the Transfiguration, 27640 Hwy 74, Evergreen, hosted by Tom Scripps and Tara Emch. Meet at the church parking lot, as this will be a walking tour from the church through the tunnel up to Center Stage and Lariat Lodge. FREE event.

September 6 and 10
Open Houses at McGraw Park in Bailey, 11 am–3 pm. We will have two open houses in September at 39 Wellington Lake Road in Bailey. Docents will give tours and info on the historic buildings.

September 9
Connections & Cocktails. Join us at the Tuscany Tavern, 32214 Ellingwood Trail in Evergreen, from 4:30–5:30 pm. evergreenchamber.org

September 12
CAE Summer Concert: The 3eatles, 7–9 pm at Center for the Arts Evergreen, 31880 Rocky Village Drive, Evergreen. evergreenarts.org

September 13
The JOY of Freedom Festival, noon to 3 pm, is a celebration of freedom, hope, and JOY for children around the world, takes place at Buchanan Fields, 32003 Ellingwood Trail in Evergreen. This fun, family-friendly event supports JOY International, a global leader in the fight against child trafficking. Enjoy live music and entertainment, delicious food and drinks, kids’ activities, and our interactive Walk Around the World, where you’ll learn about JOY’s work in the U.S., Uganda, Nepal, and Belize. You’ll have the opportunity to hear stories from individuals directly impacted by our work. Come be encouraged, inspired, and challenged to make a difference, because freedom is worth celebrating. FREE event.

September 13
CAE’s Day of the Arts has evolved into a FREE, all-ages community event celebrating the diverse artistry and art forms practiced in our mountain area community. Join us for a day of live on-stage performances from local nonprofit performing arts organizations, shopping at our artisan makers market, food and drink, and kids’ crafts and activities. 10 am–4 pm at Center for the Arts Evergreen, 31880 Rocky Village Drive. evergreenarts.org

September 16
Taste of Evergreen 2025. Join us for a night of food, fun, and music as we explore the various food offerings from some of Evergreen’s best restaurants and caterers. We will have a contest to determine the Best Savory Bite, Best Sweet Bite, Best Brew, Best Spirit, Best Sip (non-alcoholic) of the Taste, and Java Jolt award for best coffee of the Taste. This is a fun community event for all ages and you will not leave hungry. Once again this year there will be a beer and wine garden. Music will be provided by John Erlandson.

On-line ticket sales end on September 14th with limited tickets available at the door. Happy hour (4:30– 5:30 pm) - \$55, general admission (5– 7:30 pm) - \$40.

September 20 and 21
Evergreen Open Door Studio Tour. Get a brochure at any local merchant to see a list of artists and directions to each studio. See demos, great art in all mediums, and yummy goodies. Free Event. evergreenopendoorstudios.com

September 21
Walking Tour of Historic Pine Grove, 1–3 pm. Step back in time with a walking tour of historic Pine Grove, led by the Elk Creek Improvement Association. Join us for a captivating walking tour of historic Pine Grove, a charming town founded in 1886 at the site of a major railroad stop. This guided tour offers a unique opportunity to explore the rich history of the area, including stories of its colorful past, notable residents, and folk Victorian architecture. Meet and park at the Pine Grove History Park: 16855 2nd St., Pine 80470. Please arrive 10 minutes early to check in and ensure you don’t miss the tour departure. Wear comfortable walking shoes and dress for the mountain weather. Tickets \$12 (member), \$15 (non-member).

September 27
Walk For Alopecia at Buchanan Rec Center. Join us for the 3rd Annual Walk for Alopecia. Alopecia areata is an autoimmune disease that causes hair loss ranging from patchy spots on the head to complete loss of hair over the whole body. The **Walk For Alopecia** will bring our community together to drive research for better treatments and a cure, increase support and awareness. Join the Colorado Strollers 4 Alopecia team and walk with us from Buchanan field to Noble Meadow Loop in Evergreen. TIME: Check in at 9:45 am, walk 10–11 am. COST: Free. Join our team and/or donate to team Colorado <https://naaf.donordrive.com/team/5031>

October 3–26
This October at StageDoor we find Seymour and Audrey in The Little Shop of Horrors! Fri./Sat., 7:30 pm; Sun., 2 pm. Reserved seating \$37, discounts for seniors, students, and educators. Directed by Justin Beilovei, musical director Lee Ann Scherlong, choreographer Adrienne Hampton. Performed by the Adult Company and presented by special arrangement with Music Theatre International. Book and lyrics by Howard Askman and music by Alan Menken. Rated PG-13. For tickets and information visit www.stagedoortheatre.org. *Stagedoor Theatre is a 501(c)(3) nonprofit community theatre, open to everyone.*

Submit events to *Your Mountain Connection* via Marty Hallberg (news@yourmtnconnection.com). 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, let *Your Mountain Connection* know via Marty Hallberg (news@yourmtnconnection.com).

September 2025



September 3
Gather & Grow Empowerment Circle, 9–10 am, at Mountainside Bakery, 32156 Castle Ct. #207, Evergreen. A supportive group for survivors and community members seeking connection, healing, and personal growth. Through open conversations, guided activities, and shared experiences, participants explore healthy relationships, build confidence, and reconnect with their inner strength—all in a safe, welcoming space where everyone is valued and supported.

September 3
Block Therapy™ Trauma Release 5:30–6:30 pm. Trauma (physical and emotional) becomes trapped in your body and leads to pain, aging, and disease. This powerful self-healing practice unlocks the restrictions and adhesions that block blood and oxygen flow and releases trauma at a cellular level. All levels. Wear comfortable clothes. Bring a yoga mat if you have one and a water bottle.

September 9
Men’s Group, 7–8 pm, at PeaceWorks’ admin office 25997 Conifer Rd, Ste D-6 upstairs conference room. Are you a victim or a survivor? Learn more with Dean at our monthly men’s group to foster genuine connections, learn healthy relationship skills, and uplift each other. Through open discussions, activities, and support, we aim to build a community where every man feels valued and understood. Embrace your strengths, confront your challenges, and grow alongside like-minded individuals committed

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

to personal and collective growth. Together, we redefine masculinity with empathy, resilience, and mutual respect.

September 10
Meditative Sound Bath 5:30–6:30 pm. Join Brenda for a transformative vibrational meditation to harmonize emotions and thought patterns while soothing tensions in the body. Sensation is integrated with mindful intention to enliven energy centers and internal wisdom. Wear comfortable clothes, bring a water bottle, head pillow, and yoga mat (if you have one).

September 17
Block Therapy™ Trauma Release 5:30–6:30 pm. Trauma (physical and emotional) becomes trapped in your body and leads to pain, aging, and disease. This powerful self-healing practice unlocks the restrictions and adhesions that block blood and oxygen flow and releases trauma at a cellular level. All levels. Wear comfortable clothes. Bring a yoga mat if you have one and a water bottle.

September 24
Meditative Sound Bath 5:30–6:30 pm. Join Brenda for a transformative vibrational meditation to harmonize emotions and thought patterns while soothing tensions in the body. Sensation is integrated with mindful intention to enliven energy centers and internal wisdom. Wear comfortable clothes, bring a water bottle, head pillow, and yoga mat (if you have one).

Support your community...



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Evergreen Animal Protective League (EAPL) is Seeking Volunteers



EAPL is seeking volunteers to guide us through a new project we are exploring. We are looking for the following professionals: Commercial Architect, Commercial Contractor, Structural Engineer
As a non-profit organization with a volunteer staff, we are searching for someone who might be willing to donate their services in whole or part. This commercial project would become EAPL’s new offices, thrift shop, and future kitten shelter.

Please email eaplevergreen@eapl.com if you are interested in assisting us with this venture. Thank you for your consideration.

International Day of Peace

Sunday, September 21st, 2 – 5 pm, at the Peace Park in Conifer

Come and celebrate **International Day of Peace and the Fall Equinox!** Explore the meaning of peace, internally, in community, and in the world.

- Opening keynote by the Honorable Carol Spahn, 21st Director of the U.S. Peace Corps.
 - Small group breakout discussions
 - Walking meditation
 - Children’s activity
 - International potluck
- Bring lawn chairs and a dish to share that represents your ethnicity or one you resonate with. The Peace Park is located on Sutton Road behind the Aspen Park Community Center. In case of inclement weather we will be in the community center.

For more information: coniferpeacepark@gmail.com or Conifer Peace Park group Facebook



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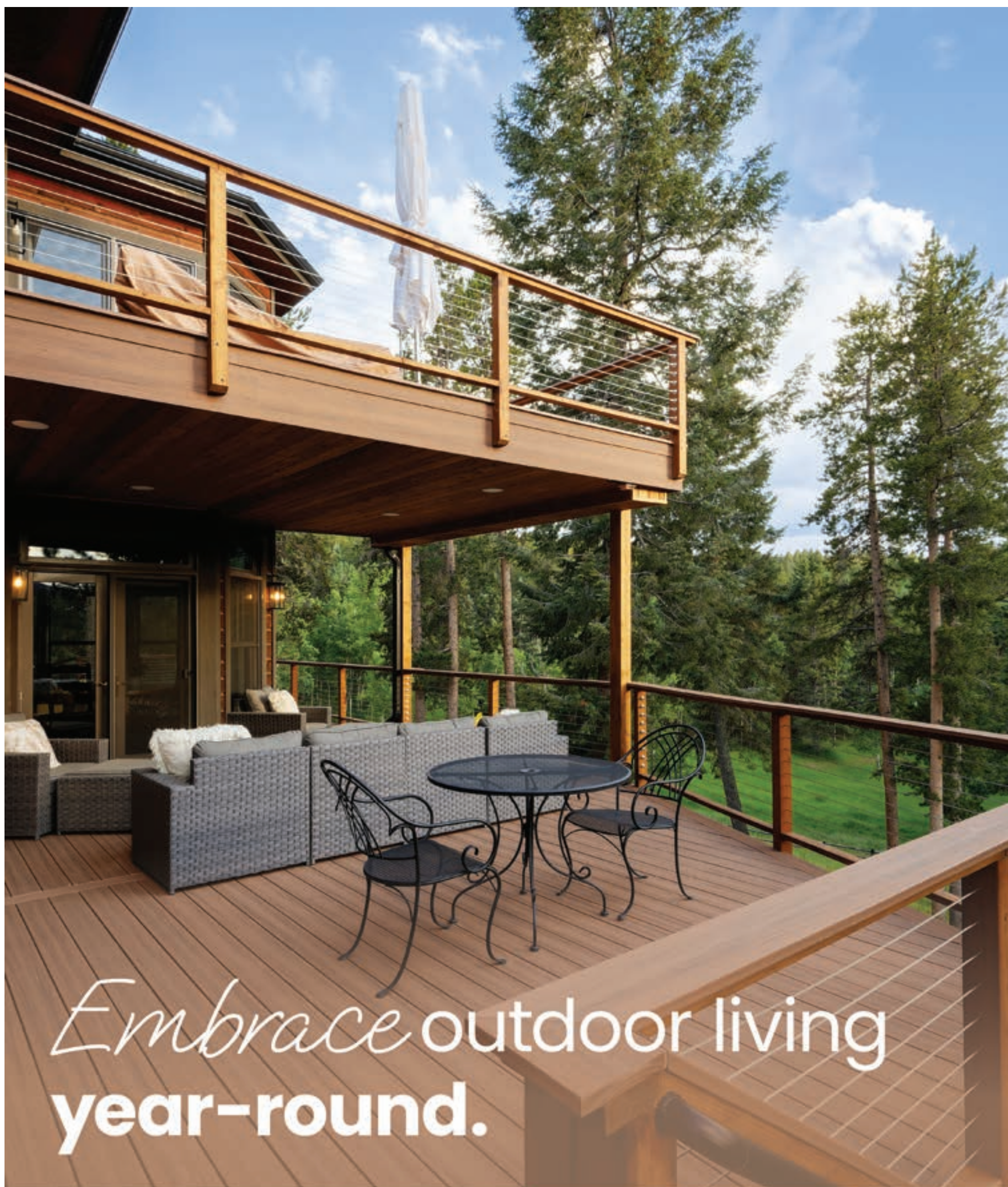


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