

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

News on the Positive Side
OCTOBER 2025

POSTAL CUSTOMER

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

your MOUNTAIN C O N N E C T I O N

Cover art by Douglas Wodark
dwodark@douglaswodark.com • douglaswodark.com
Read about Artist on page 19

— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



THE ResqRanch

The ResqRanch is the Premier Positive Reinforcement Animal Sanctuary

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



HOLISTIC VETERINARIAN IN CONIFER, CO

ASPEN PARK VET HOSPITAL • aspenparkvet.com • 855-377-2638

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

Healing

“Something like this, of course, has a deep effect on this relatively small town.”

Less than a week ago, as I was writing this, my kid was in a school shooting at Evergreen High School. Well, she wasn't really in it, thank God, because she was home, sick with a cold, snug in bed with her doggie and oblivious to what her classmates and teachers were experiencing. At least for a few hours, until she woke up and started getting the text messages. I was at work, with a brutal work schedule full of patients. The school called both my work and cell phone every hour, each time with my heart in my throat, with updates and reunification information.

I am sure many of the articles in this edition will revolve around the shooting in some way. Something like this, of course, has a deep effect on this relatively small town. There are those who said, “I can't believe this happened here,” or, “This isn't supposed to happen in our small town.” When I hear things like that, I just blink and take a pause, because I am not sure how they could be making those statements. Perhaps it's because they don't personally know a family with a child in this community. Not just because school shootings are unfortunately a problem with our society in general at the moment, but with all the lockdown drills, safety officers, and focus on safety in our schools, how can anyone be taken too much by surprise? And thank God for all that! I am SO grateful! Many lives were likely saved by following those protocols, and everyone bravely doing what they were trained to do. That is how it is supposed to work. And it did work. So many more could have been senselessly injured. They did a GREAT job protecting our kids!

But you know what else I find interesting about all this is that, while we humans walk around in a confused fog, trying to make sense of a world that does not make sense, our animals don't watch the news, don't know the stories, and are not afraid. Our dogs still want to go for walks just the same. Our cats want cuddles. Our horses want treats, all exactly the same as before we experienced a school shooting in our community. It is so grounding, and reassuring, and wonderful, all



“Animals are some of the best therapists, aren't they? Some people say every animal is an emotional support animal.”

at the same time.

Animals are some of the best therapists, aren't they? I have heard some people say that every animal is an emotional support animal. And that does seem to be true. That is, of course, unless your pet or horse is driving you crazy; and in that case you need to call a professional, like me! And the good news is that I am offering coaching packages now, so you can work directly with me, right away.

So is the time now to add another tool to your toolbox with your horse? Have you always wondered what positive reinforcement is and how to use it? Or, like me in the past, are you a horse-crazy nerd who has read every book, and followed every trainer, yet still struggles and wonders why at times it doesn't feel like your horse even loves you (like when they are hard to catch) and wished you could just figure out what you did wrong? The problem is not asking the question (that you should have been asking all along), “Trainer, can I see your credentials, please? Are you certified?” And no, not by the (fill in the blank) so-and-so cowboy, “heart-light” path, healing wisdom solution, or some other catchy-named system invented by a person like Pat Parelli, but by actual scientific methods grounded in the psychology of operant conditioning and agreed upon by all behaviorists, psychologists, and actually certified professional animal trainers. Like me. We don't discuss who or what method to use. We all just use the same way, the R+ or positive reinforcement way. In fact, in the podcast I was on last week with Dr.

Crystal Heath, on *All Beings Considered*, she actually pointed out that not recommending positive reinforcement is actually malpractice. Which is GREAT news for you. You don't have to have “softness” or “feel” or any hard-to-define parameters for training, not anymore. Instead, we all have a concrete, black-and-white, easy (so easy a kid can do it) for us and the animal to understand means of communication.

So if you are ready to be brave enough to learn about something that just might change your life, and take your relationship with animals to a whole different level, like it did mine, then get yourself the Horse Training Masterclass Level 1, today. And if you want to really fast track your results, then work directly with me in a weekly coaching program so you can skip the line and start experiencing real results, in days! And you can do it on your own, just you and your horse, not sending this horse to someone who supposedly can do it better than you. No one can do it better than you. No one loves that horse more. You are the BEST person to train it, no matter how old, young, inexperienced, or whatever. And I know you want to be with them, because with them, the news and the outside world don't matter. And sometimes that is a good thing.

I just want to sincerely thank the police officers, SWAT, Evergreen High School faculty and staff, safety officers, neighbors, first responders, the Evergreen Chamber for organizing the community gathering at Buchanan Fields, and all who showed up and handled the situation swiftly, professionally, and with great kindness and compassion towards the kids. Yes, I know about the SWAT officers getting the boy out of the ceiling; you know who you are. And you are all AMAZING, and I am grateful to live here. I hope you are too.

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 Care for One Another

BY LISA PLUMMER SMITH

“I pray that we continue to care for each other and foster a healing environment for those who are struggling.”

Joy and beauty coexist
with pain and sorrow in a
brave and beautiful life.
- Krista

After the tragic event at Evergreen High School, many of us are struggling. Please be kind to yourselves and remember it’s okay to not be okay. Healing from trauma is not linear, and your emotions may change multiple times a day. If you want to stay in your pajamas, stay in your pajamas; if you need to take a day off, take a day off. You cannot pour from an empty cup, and raising healthy and well-adjusted children is no simple feat. We are all in this together, and there is a ripple effect to our emotions. Each interaction we have has an effect, so please be gentle with each other.

Lives were forever changed by seeing and experiencing that which cannot be undone. I pray that we continue to care for each other and foster a healing environment for those who are struggling. We all cope and process in different ways; please find what feels right to you. Our communities offer resources, practitioners, and healers who can help. The healing process is of

utmost importance for you and your children, so please prioritize your healing journey. Moving stories of bravery, kindness, and heroism are surfacing. Residents near the school who were at home opened their doors to protect the EHS students; quick actions of the first responders from what seemed like everywhere saved lives; EHS staff, Wulf Rec center, and DMV

employees protected and comforted terrified students. The simple kindnesses like the woman who handed parents bottles of water as they ran on foot towards the school; students who shared phones so that others could make that important call saying, “I’m safe”; the offering of fields by Conifer HS so that Evergreen HS teams could practice; the quilts that were donated to comfort students; every show of support by local high schools, parents, friends, and colleagues: these are all examples of how we care for one another. It’s going to take a lot of love to cope with this event, and I’m thankful for these acts of humanity (too many to mention them all here).

The residents of Evergreen have formed deep relationships with the residents of neighboring communities. We are all part of a vast community interacting with each other on a daily basis, caring for each other, and helping each other. This strong sense of community is part of what makes living in our mountain towns so special. We share a set of values that draw us to the mountains to live, to play, to thrive.

After a tragedy, allowing oneself to recognize there is still good in the world is a complex and individual journey that may co-exist alongside distress and sadness. Post Traumatic Growth (PTG) is a phenomenon in which positive change can result when profound psychological struggles and adversity lead to a new sense of purpose in life. Believing there is still good in the world after trauma is a key element of PTG and can become a pathway for healing.

Resilience can be learned, and the feeling of “I never knew I could get through something like this, but I did” can increase one’s sense of self-reliance. Reclaiming a sense of physical and emotional safety is key to healing from trauma, and seeking professional help, practicing self care,

and leaning on support networks are just a few strategies for healing. Amidst all the despair, please remember that there is so much good in the world. Believing in the power of good can also boost our resilience. We are surrounded by natural beauty. Perhaps take a walk, let your bare feet touch the earth, lie down and watch the clouds, stare at the lake and watch the water; notice the fall colors, the changes in the weather and the way the cooler air feels on your skin. Soak it in. Even in small doses, nature offers healing benefits.



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





Each Keller Williams brokerage business is independently owned and operated

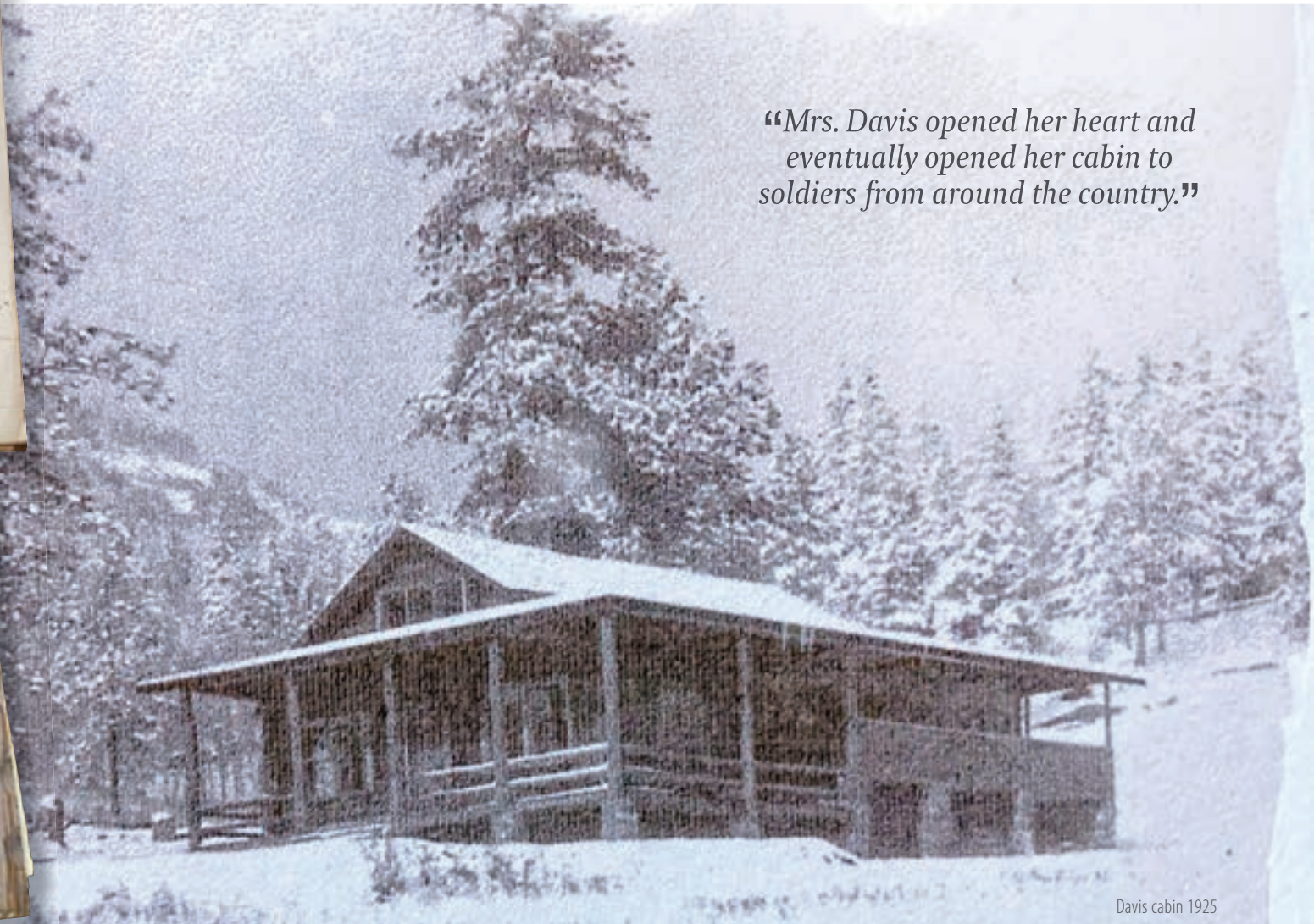
I LOVE MY JOB AND IT SHOWS

- ▶ Highest level of representation; always working in client’s best interest
- ▶ History of creating win-win transactions; extraordinary reviews
- ▶ Specialties: Contingent Sales, Estates, Horse Properties, Relocations
- ▶ Personal attention to every detail of each transaction
- ▶ Excellent people skills, problem solving ability and work ethic
- ▶ Proven negotiating, networking and search capabilities

10875 US-285 Conifer, CO 80433
31207 Keats Way, Suite 101
Evergreen, CO 80439

Lisa Plummer Smith
907-632-3683 • lisarayanne@gmail.com
Keller Williams Foothills Realty, LLC





“Mrs. Davis opened her heart and eventually opened her cabin to soldiers from around the country.”

A GENEROUS GESTURE

ELAINE HAYDEN | HISTORY EVERGREEN



Davis cabin in 1940s

Sandwiched between Memorial Day in May and Veteran’s Day in November, the month of October acknowledges no national day of remembrance for the sacrifices of wartime America. America’s involvement in WWII meant recognition of extreme sacrifices every day of every month of every year for families who lost their sons, daughters, siblings, moms, dads, husbands, and wives to the war effort in battle sites throughout the world. Official holidays of remembrance are inconsequential.

Active combat and attendant support services were not the only way to contribute to the war effort. The American population united behind the war effort and adjusted their familiar lifestyles in many ways. Some worked in defense plants across the country, producing equipment and supplies for the troops; housewives endured years of rationing for shoes, sugar, and gasoline, among other items, while diligently saving tin, scrap metal, and rubber

for collection and eventual recycling into tools of war. Popular publications praised the life adjustments Americans were asked to make at home. *Farm News Digest* suggests in a 1943 publication, “...American men are on the march everywhere...so are American women. Just as our Soldiers, Sailors, Marines and Coast Guardsmen are changing their habits overnight...American housewives are contributing just as much in their own way to winning the war as the members of

the WAACS, WAVES, and the SPARS.” (Female non-combat military auxiliary services.)

On the local front, the Colorado chapter of the American Red Cross encouraged all Americans to actively contribute time and effort to helping the troops in various ways. The need for human resources was as important in wartime as was the need for materials.

Some contributors knitted socks, packed care packages, and sent letters of encouragement to the troops.

Long before the war was declared in 1941, Margaret Evans Davis, granddaughter of Governor John Evans, and her family temporarily retreated from city life in Denver by spending summers at her cabin in the Evans Ranch area. The cabin, nestled in the woods in the shadow of Mt. Evans (Mt. Blue Sky), was built in 1924 and featured living areas, a 30' long screened-in sleeping porch; a kitchen, complete with a wood-burning cook stove; and a stone double fireplace, reaching to the ceiling of the cabin, that helped to take the chill out of the cool mountain evenings. The serene vistas and hikes on the property were enjoyed by many members of the Evans and Davis families and friends over the years.

Despite having two sons serving in the military, one as a Major in the Army and a second son serving as a Naval pilot and eventual POW in the Japanese theater, Mrs. Davis felt there was more she could offer to the war effort on the home front. Far from the front lines and the attendant hostilities, Mrs. Davis’ desire to help resulted in an offer to comfort soldiers who were convalescing from war injuries at the Fitzsimmons General Hospital in Denver (now the site of UCHHealth Anschutz campus, Aurora). Members of all military branches were treated at Fitzsimmons, including many servicemen who were injured at Pearl Harbor in 1941. Mrs. Davis opened her heart, and eventually opened her cabin, to soldiers from around the country.

The idea grew to reality when arrangements were made with official patient care services at the hospital. Groups of 8 to 12 men who were confined to the hospital beds at Fitzsimmons were shuttled to Mrs. Davis’ cabin for a week-long period of rest and relaxation in the Colorado

Rockies during the summer months of 1943 to 1945. Assisted by a Mrs. Roth, a cook and a nurse, the excursions to nearby Vance Creek for a hand at fishing offered the men a short but welcomed rest. Cots were installed on the sleeping porch of the cabin, and meals were served indoors. The expansive covered porch served as an afternoon napping station in the warm mountain sunshine.

There is little record of the generous gesture on Mrs. Davis’ part. What remains is the cabin, oral history and a guest book that was lovingly signed by the convalescent soldiers from across the country who came to the Evans Ranch area to stay for a week. In viewing the guest book, one truly gets a feel for the importance of this diversion from the battlefield from the perspective of those who served and were injured on the front lines. As one guest, PFC Charles DeBusk from Boaz, Alabama, wrote in August 26, 1943, “The first time I have relaxed in 2 years.” In another entry, Cpl. Joe Phillips of Los Angeles, California, wrote, “This can’t be the Army! I have enjoyed every moment...and only wish more of the boys had the opportunity to come here.” This kind courtesy clearly impacted many servicemen as a deviation from wartime Army life. The chaos of war and the redundancy of a hospital ward were tamed here in this idyllic place. Mrs. Davis joined many others on the home front in displaying the best of humanity with generous acts of kindness.

The 100-year-old cabin remains today as a private residence on private property. The colloquial phrase, “if walls could talk,” introduces a thought-provoking musing. As with many historic structures, the walls remain a witness of previous events that impacted the lives of so many. With certainty, the walls of the Davis cabin would have an adventurous tale to tell. Luckily, a tangible record of this historic era remains in the preserved guest book from 80 years ago.

Sources:
Personal archives
Gibson, Josephine. *Farm Home Digest*, 1943.
Website. “Fitzsimmons General Hospital,” tracesofwar.com

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

BEST SANDWICHES IN EVERGREEN



Chi-Town Stop is not just any ordinary food truck. Stop by and try the famous Italian Beef or Meatball Sub, and see what the buzz in Evergreen is all about. You don't have to be from Chicago to love a world-class hot dog! If you haven't tried this hidden gem yet, you're really in for a treat. Laurie, the owner, is not only from Chicago, but was also raised in family-owned restaurants. She puts passion into every sandwich she makes, making sure her customers will be back for more. Come and take lunch to go or eat in their beautiful courtyard. Located at 27945 Meadow Dr. Chi-Town Stop is open for lunch Monday thru Friday 11am-4pm.

Chi-Town Stop
27945 Meadow Drive, Evergreen



I'm Just Sayin'...

October – Food, Dining and Breweries

Jeff Smith owner/publisher

Restaurant News – The all-new Snowpack Pizzeria is about to open. Black Hat Cattle Company has suddenly closed. Dave Rodriguez, the owner, has retired. That limits us to few fine dining options. The Chart House is still here and is excellent. The Cow has opened in Evergreen. The food is good; try it. The Keys on the Green probably won't open now until next spring or summer; the "low bidder" didn't perform, so they have to start the process all over again. This is what happens when the government makes restaurant decisions. Get out and enjoy our local restaurants, breweries and entertainment.

September 10th is now a day to remember. Locally the tragic shooting at Evergreen High School shocked us all. Let's never forget that day and pray for the two students still recovering. My question is, how did the shooter get access to the handgun he used?

Of course the other tragic even on that same day was the assassination of Charlie Kirk. Your political beliefs play no role in the mourning for this husband and father. He set an example for us all to have civil debates instead of violence. Hopefully his legacy will be one of open discourse.

Recently neighbors of ours put on a fundraiser for the Platte Canyon Fire Department and raised over \$4000. It was well attended and entertained by Uncle Bill's Stash, a three-piece band with a stand-in bass player for this

event. Thanks for all who participated. See their appreciation on the Calendar page.

Opening soon in Kings Valley is Tuffy's Playhouse. This is an indoor play experience for youngsters and ideal for parties, etc. Check it out.

Fall is starting, whether we are ready or not. It will bring the tree peepers, kids' sports, Halloween, and of course the football season. Enjoy it all.

If you live in the Conifer, Pine, or Bailey area and need some auto work done, try High Country Diesel & Automotive. They have gotten me out of a jam more than once and do a great job on regular maintenance at a reasonable price.

Broncos – Two weeks in a row the Broncos have lost in the final seconds to a field goal. In both games defensive penalties hurt them in the second half. They can't compete like that. They need to play a whole game and finish after having the lead. There were too many overthrown passes that could have won the game.

Rockies – OK, so they're not the worst team ever. Just another terrible season for the third year in a row. Hopefully, with all the experience that so many rookies got this year, they'll show significant improvement next season.

Quackadilly says:
"Dining should be a delightful and beautiful experience."
—Gauri Khan

HOME-BASED BUSINESS FOR SALE

Profitable business for over 30 years

Locally owned and operated

Experienced staff will stay

20 – 25 hours per week

Great potential growth

Doing business in Evergreen, Conifer, Pine, and Bailey

Inquire at
silvertopp12@gmail.com

NEWS ON THE POSITIVE SIDE

your MOUNTAIN CONNECTION

OCTOBER 2025 • VOL XXXIII NO 10
next issue • NOVEMBER 2025
t. 515-326-2672
www.YourMtnConnection.com
email. jeff@yourmtnconnection.com

November theme: Thanksgiving

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 October 16. Call 515-326-2672.



Owner / Publisher
Sales Consultant
jeff@mtncconnection.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

— EVERGREEN HEALTH INSURANCE —

October Surprise!

BY ED REGALADO

It's that time of year again, and we're getting a clearer picture of what 2026 is going to look like in the world of personal health insurance. I'm writing this article in mid-September, and many of the new Medicare plans are just being released to brokers. As of October 1st, brokers are allowed to discuss specifics about Advantage plans and prescription drug plans that start in January 2026. The enrollment period runs from October 15th through December 7th.

A change for 2026 that may interest many enrollees is that most Medicare carriers that offer Advantage plans are choosing not to renew some or all of their PPO plans. PPO plans are less profitable, because out-of-network costs that PPO plans allow can't be fully controlled by the insurer. If you are currently on a Medicare PPO plan, you may have to switch carriers to remain on a PPO, or else switch to an HMO plan that won't have out-of-network benefits. Some good news is, I noticed a carrier that will offer dental benefits up to \$2000, and most of their plans will include preventive dental.

In the Jefferson County area, our biggest disruption in 2025 was a major carrier losing the Common Spirit network, which includes St. Anthony hospital. Even if you were on a PPO that allows out-of-network coverage, your costs still went up. Emergency costs should be the same, no matter where they take you. But it's important to know that, when you call 911



“What can we expect?”

and need a ride to the hospital, most fire departments in this area will automatically take you to St. Anthony's. The problem may start if you need to be admitted. The new Lutheran hospital is just a few miles farther away, and it is in most carriers' networks. Check your plan for next year and know which hospital is covered by your plan.

Medicare Supplement plans are not included in the Annual Enrollment Period. However, your prescription drug plan is, and there will be many changes in these plans in 2026, due primarily to increased drug costs. There may be PDP plans with a \$0 monthly premium, but expect a high drug deductible. Depending on your prescriptions, it may be cost effective to pay some premium.

What can we expect from Connect for Health Colorado, our state exchange? Open enrollment for those under 65 starts November 1st. The 2026 plans haven't been released as of this writing, and big questions remain regarding tax credits. If the tax credits go away or are severely reduced, many people may not renew their plans due to lack of affordability. I will probably know more by the time you read this, but I don't expect good news. If this affects you, don't go without any type of coverage. There are low-cost plans that provide some reimbursement benefits for emergencies, critical illnesses, and hospital stays.

Give us a call and we can help you sort out the best 2026 options for you, always free of charge.

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

“We have had some unprecedented Sasquatch encounters this summer that have caused me to reconsider the different ways that Sasquatch may choose to communicate with humans.”

This has been a strange season for the Sasquatch Outpost. Actually, it's been a tough year for all tourist-oriented businesses, so we're not alone in that. Half of the trips that we organized through Rabbit Hole Adventures had to be cancelled due to lack of bookings.

On the other hand, we have had some unprecedented Sasquatch encounters this summer that have caused me to reconsider the different ways that Sasquatch may choose to communicate with humans...such as singing. This thought had never occurred to me, so when we heard it back in June, I literally sat there in disbelief. We went back two more times, including a night of hammock camping in the same aspen grove one Tuesday night. On both occasions, the



“I literally sat there in disbelief.”

Forest People chose to remain silent. One thing I have learned over the years is that they simply refuse to perform on command. So, when they DO interact with us, we'd better be ready to record it, because it's likely to be the only time we're going to hear them respond in that way.

Hearing them use a communication method that was completely new to me makes me want to experiment with other forms of verbal and non-verbal communication, just to see if they will engage with me. This is a big part of our research... i.e., spending enough time in the wilds of Colorado to see, hear, and in any other way experience the Forest People, and hopefully in the process come to know them in a whole new way.

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

Wrapping Up the Garden Season

Tips for Tomatoes and Soil Care at High Altitude

BY TRACY WEIL, FARMER

At high altitudes, gardeners know the growing season can feel all too short. With cooler nights, sudden temperature swings, and the ever-looming threat of an early frost, it's especially important to be proactive as summer winds down. Wrapping up your tomato season thoughtfully ensures you'll enjoy more of your harvest and set the stage for healthier soil next year.

Pick Before Frost Arrives

At elevation, frosts can sneak in earlier than expected. Keep an eye on the forecast in late summer and early fall, and don't wait too long to pick. Any tomato that has begun to turn color should be brought inside. Even firm, green tomatoes can be saved from the cold and ripened indoors.

Extend Ripening Indoors

Because high-altitude gardens often don't allow tomatoes to fully ripen on the vine, indoor methods are essential:

- Hang whole plants: Pull tomato plants before a hard frost and hang them upside down in a dry garage, shed, or basement. This method slows ripening but preserves flavor.
- Paper bag method: Tuck green tomatoes into a paper bag with a banana or apple; this will help them ripen. Keep the bag in a dark spot and check daily.
- Spread on trays: Arrange tomatoes in a single layer on a tray indoors, away from direct sunlight. This helps prevent splitting and rot.

Garden Clean-Up Matters More at Altitude

Cool, damp fall conditions can accelerate disease spread. Be sure to remove all fallen or rotten tomatoes, along with dead vines and leaves. Leaving them in place can encourage



“High-altitude gardening brings unique challenges, but also unique rewards.”

blight, mold, and pests to overwinter and return stronger in spring. Healthy material can be composted, but discard diseased plants rather than risk contamination.

Feed and Protect the Soil

High-altitude soils are often rocky or nutrient-poor, so adding organic matter each fall is crucial. Work in compost, aged manure, or mulched leaves to improve soil fertility and water retention. A light top-dressing now will break down over winter and leave the soil enriched by spring.

Cover Crops for High Country Gardens

Cover crops, or “green manures,” are especially helpful in mountain gardens, where soils can be depleted quickly. Options like winter rye, crimson clover, or hairy vetch can be sown after your tomato harvest. They'll protect the soil from erosion, add organic matter, and boost nitrogen when turned under in spring. Winter radishes, such as daikon, are another great choice. Their long taproots break up compacted soil, creating natural channels for moisture and nutrients.

Closing the Season Strong

High-altitude gardening brings unique challenges, but also unique rewards. By harvesting wisely, cleaning up thoroughly, and replenishing your soil with organic matter and cover crops, you'll give yourself a head start for next season—and ensure even better tomatoes next year. See you next year!

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

How tomatoes should taste!



Mark Your Calendar for Tomato Season 2026!

Pre-order your 2026 plants starting Sunday, April 12th at 9am on our website!

A limited supply of our top 40 varieties will be available for preorder from Heirloom Tomato Farms.

Pick-up & plant sales begin in May 2026!

Located in Pine, Colorado, Heirloom Tomato Farms specializes in cultivating and preserving organic heirloom tomatoes.

As dedicated hobbyists, not commercial growers, we take pride in offering unique, hard-to-find plants that thrive in high altitude.



HeirloomTomatoFarms.com - @heirloomtomatofarms



Wellness Showcase

October 11, 2025 | Upper Bear Creek

Morning 9am-1pm, Afternoon 1pm-5pm
\$380 value your for only \$75!

Experience includes:
Welcome Ceremony
Yoga
Acupuncture+Chigong
Continuous refreshments and space to connect in nature

Plus choose from:
Biohack Your Resilience Thru Energy Medicine (1 hr)
Or two 30-minute blocks:
Sound Healing
Reiki
Massage
Magical Mocktails
Mindful Creativity



www.mountaintransformation.com

DON'T STORE IT... FRAME IT!!

REMEMBER YOUR
FAVORITE CONCERTS

Aspen Park Art & Framing



ELEGANT CUSTOM PICTURE FRAMING
10875 US Hwy 285, Suite D-201B - Conifer Marketplace
303-838-9851 - www.aspenparkframing.com



Mount Evans brings love

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



MOUNT EVANS

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

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



THE VILLAGE GOURMET
Fine Kitchenware, Home Accessories, & Gifts
303-670-0717
Evergreen, Colorado

Gifts for all!

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

To advertise with
your
MOUNTAIN
C O N N E C T I O N

CALL
515-326-2672



15% off
with this ad

Edibles!
Smokeables!
Topicals!
Souvenirs!



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

KNOTTYPINE

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

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

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



**Shop
Where
You
Live!**

**Evergreen
Crafters**

**GREAT GIFTS, JEWELRY,
AND HOME DECOR**

20% OFF
on any one regular priced item with coupon (exp 10/31/25)

303.674.3153 • Downtown Evergreen
OPEN 7 DAYS • FREE GIFT WRAP
PERSONALIZED SERVICE



In the wake of the shootings at Evergreen High School
on September 10th, the EHS PTSA
and the Evergreen Legacy Foundation
have partnered to create the

#EvergreenStrong Community Recovery Fund

Monies will be used to provide counseling and other assistance not
only to victims and their families but also students, teachers, first
responders, and other community members impacted by the tragic
event. Depending on how far the fund stretches, monies may also be
used to help prevent future occurrences such as this one.

Please consider making a donation – for the love of Evergreen!

ONLINE DONATIONS: EvergreenLegacyFdn.org
CHECKS: Payable to Evergreen Legacy Foundation
PO Box 252 • Evergreen, CO 80437
(please note EvergreenStrong on your check)



**EVERGREEN LEGACY
FOUNDATION**



1000+5 star reviews on google!

Nourish Your Soul

Locally Owned, Family Operated Since 2007
100% Organic, handcrafted skincare & wellness products.
(Next to Papa Murphy's & BMO Bank)

Heart Centered Products, Yoga, Music & Healing.

Shop organic skincare, CBD & wellness products!

NEW CBG Vitality

Full Spectrum CBG Hemp Extract

35% OFF & FREE STARTER

Try a starter size of one of our best-selling products! Choose from No More Aches, Eye Cream, Face Cream, CBD, Lip Balm & more!

Email required to redeem at purchase. Valid on Taspens's & Dragonfly products only. Not valid with other promotions. Expires 10-14-26

Your Mountain Connection

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



Colorado owned & operated

Taspens's HEALING CENTER

Yoga & Music

Open Daily See website for more details!
TaspensHealingCenter.com

Transform Your Life!
720.576.6129

Offering a variety of yoga classes, workshops, ceremonies & healing modalities to help raise your vibration & bring the body, mind & spirit into balance.

Crystal Bed or EVOX Sessions



Change your perception, change your life!
Sound, Light & Vibrational healing!
30-45 min sessions available!

Ion Foot Detox



Boosts the immune system | Improves sleep patterns | Helps with energy levels | Helps with detoxification | Improves wellbeing!

\$15 OFF
Ion Foot Detox
40% OFF
Crystal Bed or EVOX Session

Email required to redeem at purchase. Not valid with other promotions. Expires 10-14-26

Your Mountain Connection

JP TOTAL'S

Home of your FARMERS MARKET through September
Home of Your CHRISTMAS TREE LOT from Mid November till December 21-23

ALWAYS FREE ADMISSION!!



PICK ME!!



DOGS ALWAYS WELCOME

HOME OF THE ICONIC PUMPKIN PATCH

OPEN THROUGH OCTOBER 31 (HALLOWEEN)

Beautiful Wolf Pumpkins * Wee-Be & Jack-Be Little Pumpkins * Winged Gourds * Pie Pumpkins * Village Pie Maker Pies
Colorado Apple Cider * Local Honey * Large assortment of Jams, Jellies, Butters, Salsas, and more * Corn Stalks * Hay Bales
Our Country Store is jammed with goodies * Local Ice Cream * Ice cold Colorado Sodas * Coconut Juices and more!

Great Location • Great Staff • Tremendous Produce & Goods • Beautiful Old-Fashioned Roadside Store
4370 Independence Trail, Evergreen • Located in the darkness at the edge of town • Open EVERY DAY 11 am – Dark
303.670.8414 • service@jptotallawncare.com • jptotalfarmersmarket.com • jptotalpumpkinpatch.com

your MOUNTAIN CONNECTION | phone 515-326-2672 | email jeff@yourmtnconnection.com | www.YourMtnConnection.com

CALL THE ROOFING SPECIALISTS!



Enviro Roofing & Construction





GUTTERS STEEL BUILDINGS SIDING

303-953-7079

enviroroofing.com

COMMERCIAL • RESIDENTIAL

MOUNTIAN RESIDENT OWNED
Local, Experienced, and Professional

CALL NOW For Your
FREE Inspection and Estimate!

PAVING SEALCOATING CRACK FILL

RESIDENTIAL AND COMMERCIAL





BEFORE



AFTER

303-586-5041

Mountain Resident Owned
Over 10 Years Experience

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



25th Annual
**ALTERNATIVE
GIFT FAIR**

• • • • •

Saturday, November 8th | 9am-4pm
Sunday, November 9th | 9am-3pm

Evergreen Lutheran Church
5980 Highway 73, Evergreen, CO 80439

Shop once. Gift twice.

Come shop for fabulous handmade crafts, jewelry, textiles, and other gift items offered by non-profit organizations!



www.GiftTwice.org

Participating
non-profits
receive 100% of
the proceeds from
their sales!



You are gifting not only for those you buy for,
but also those in need, both near and far,
that the charity vendors support.

Thank you to our sponsoring congregations: Christ the King Catholic Church, Church of the Hills Presbyterian USA, Congregation Beth Evergreen, Episcopal Church of the Transfiguration, Evergreen Lutheran Church, United Methodist Church of Evergreen

Please bring cash or checks as some vendors cannot accept credit cards.

Rolling Ridge



Deck & Home, Inc.

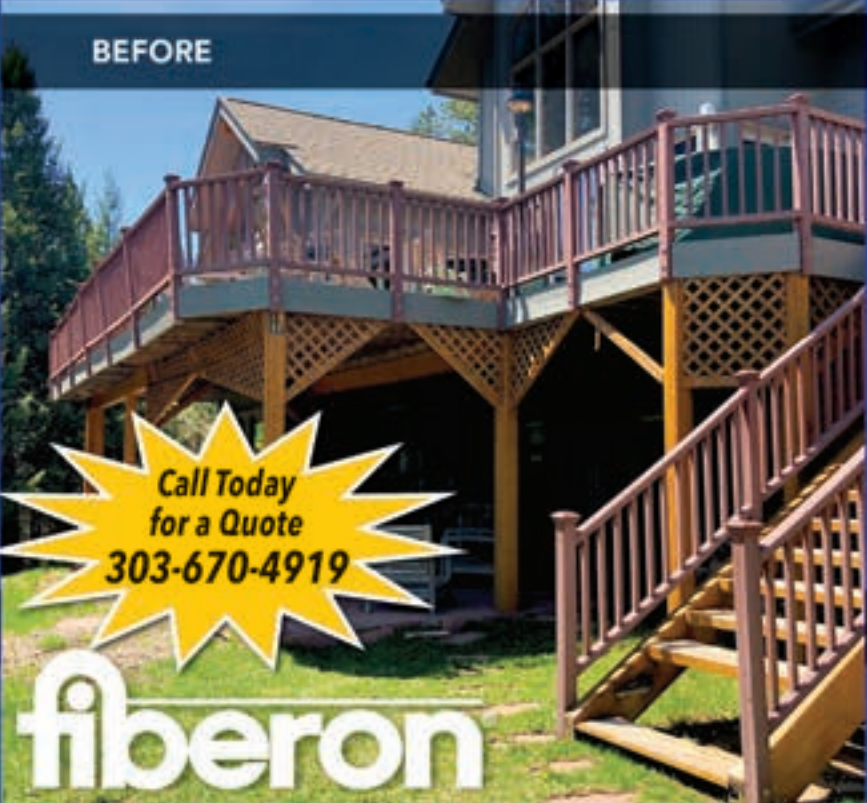
In Business
Since 1988

FREE
ESTIMATES!!

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



CUSTOM OUTDOOR
LIVING SPACES
ROOF STRUCTURES
AND PERGOLAS
WINDOWS
AND DOORS



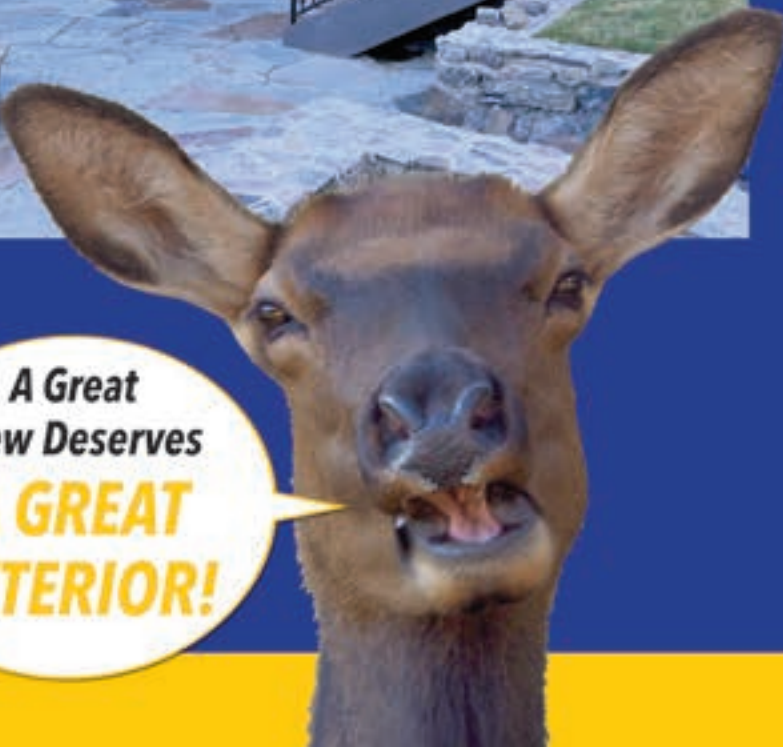
Rolling Ridge



Deck & Home, Inc.

CELEBRATING OUR 30TH YEAR
IN EVERGREEN!

A Great
View Deserves
**A GREAT
EXTERIOR!**



— ON THE MOVE FITNESS —

Preparing Your Body for Winter Activities

BY DEB BROWN, NSCA-CPT, CWC, CNS

Last night, the first dusting of snow arrived on the higher peaks of the Front Range. The leaves are turning colors, and the very last hummingbirds are stopping at the feeder on my deck as they migrate south. Winter will be here soon, along with all the fun of winter sports: downhill and cross-country skiing, snowshoeing, cold-weather hiking, skating, and riding your fat tire bike. Training for winter activities is different, and now is a great time to get started! Here are some ideas to help you get fit for cold-weather fun:

Get out in the cold. Start now, while it isn't too cold out there yet. Get out walking, hiking, cycling, running, or whatever you like to do when it is chillier. Get used to the cold weather now, so when you start participating in your favorite winter sport, your body is more capable of handling it. It's a great time to dial in your gear, including base/sweat-wicking layers and warm outer layers.

Start with a solid foundation: If you have not been active recently, but plan to snowshoe, hunt, ski or snowboard, get moving now to build a base of strength and endurance. The best fitness plan combines cardio work, strength training, core training, flexibility and balance work.

Include exercises that are specific to your activity. If you are a skier or snowboarder, you will want to incorporate specific movements that mimic what you will do during your activity.



“Winter will be here soon, along with all the fun of winter sports.”

For example, when training for any winter sport, you will want to include integrated strength and conditioning movements for the quads, hamstrings, glutes, and the muscles in your core. The core is tricky, as the goal is to make it more stable front and back, as well as rotational. If you've got a great base level of fitness, plyometrics and agility training can be added, especially if you will be riding moguls in a couple months. These are the muscles you use the most when playing in winter, so if you can focus on them in the pre-season, you will have a strong start. You will then just continue to get stronger as the season moves forward. Make

sure to consistently engage in some form of cardio work, such as running, cycling, or cardio machines, to keep your endurance up.

Include cross training. The human body can get really good at doing the same thing over and over, so it's important to add cross training. Cross training is critical, as it causes the body to move differently than in our sport of choice, thus lowering injury chances. Strength train, hit the cardio machines in the gym or just engage in different activities than your primary one. Always include consistent stretching to maintain flexibility and to help avoid injury. Make sure you are moving your body in different directions during your workouts: front/back, side to side, on the diagonals and up/down. Don't forget to include balance exercises!

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



A Skeptic's View

Vampires and Other Myths

By Gary Loffler

I don't like to brag, but I consider myself rather an expert on vampires. Not just the moody modern vampires that inexplicably fall in love with high school girls, but also the classic Hammer film vampires that are just plain evil and particularly hard to kill. Of course, then there are the Oriental hopping vampires; however, those are really more a variation on animated dead and are almost always controlled by a magician.

While the 1980s vampires were typically suave and urbane, we have also had the return of the rather gruesome-looking Nosferatu style as well. Early Nosferatu vamps could be killed just by distracting them long enough that they get caught by the morning sun. Not the brightest of the breed. The various vampire killers not only include the venerated Van Helsing family, but on occasion a dhampir will show up, and they always have a complex family history.

There are various forms of transmutation attributed to vamps, including turning into a bat, turning into a wolf, and even dissolving into mist. The last is the rarest and usually occurs only when that ability is a plot point. There are, of course, various female vampires, some based on evil and patterned on the Elizabeth Bathory legend, while others are gentle and have extra-terrestrial origins. Really it takes a lot of work keeping them all straight.

Usually a vampire attack leaves the victim pale and lethargic, not unlike the symptoms that someone with anemia displays. Now if I were to claim that anemia was caused by vampire attacks, and that we should arm the victims with pointed stakes and line their windowsills



“If I were to claim that anemia was caused by vampire attacks, and that we should arm the victims with pointed stakes and line their windowsills with garlic bulbs, I would be laughed at.”

with garlic bulbs, I would be laughed at. And rightfully so. Vampires do not exist. Bram Stoker added his own imaginative twist to some European folk tales and created the classic character. But that is all Dracula is, a character.

Even though, as a self-certified vampire expert, it would raise my prestige to be consulted by the medical community on vampire-related anemia, it would obviously be wrong, and any health care expert who subscribed to the notion should be worried about a medical malpractice suit.

Recently, the myth that measles is caused by a vitamin deficiency has been making the rounds. This is worrisome because both Vitamins A and D are fat soluble and can be toxic in higher doses. In May of this year Dr. Bruce Y Lee, writing for *Forbes Magazine*, reported that a few children in Texas were found to have not only measles but also elevated kidney values due to Vitamin A toxicity. He went on to list the likely cause of too much vitamin A (too many supplements) and a few of the nastier problems that vitamin

A toxicity could cause. Fortunately, simply stopping the overdosing of Vitamin A will ease the problems quickly, provided long-term damage has not already been done.

For the last few years anti-vaccination proponents have been insisting that measles is a simple childhood disease and that children are missing out on the fun of staying home and watching television as the disease runs its course. Perhaps because most of us grew up in a world that saw measles all but eradicated by the year 1968, few people remember the severity of the disease or its lasting effects. Before 1962, when measles hit a school almost every child who had not yet had measles got measles. Most came through it sort of okay, although measles causes your immune process to not work properly for up to two years. Others were in pain for 7 to 10 days with rashes all over their bodies and lesions on their tongue and throat, and about 1 in 1000 died. About 400 children a year died from measles until mass vaccinations started in 1963. Within a couple of years the death rate plummeted to single digits, and there have been few measles deaths since then, except for the infrequent small breakouts caused by groups who decided not to give the vaccines to their children.

Should you need a refresher on the symptoms and rashes caused by measles, you can visit the Wikipedia page on the subject; however, I would not recommend this with your morning coffee. The images and the details they provide on the course of the disease are disturbing.

Sadly, while I would be laughed at for stating that vampires are the major cause of blood loss, anti-vaccination proponents are being given a larger and larger pulpit for their equally false statements. Just as my easily falsified claim of vampire-related anemia should be dismissed and concerns raised about my intent, so should the similar claims about vaccine safety and measles treatments being touted by non-medical groups.



GRANT AUTOMOTIVE

**Expert Car and
Truck Repairs**

**Diesel Emissions
Testing**





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



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

REPAIRS • ALIGNMENTS • TIRES



Ben Grant, owner

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

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

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

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

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

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

In addition to having the latest equipment, they can take care of all recommended mileage services for vehicle warranty, specializing in late-model fuel-injected cars and trucks. Diesel repair and performance upgrades such as exhaust systems and power chips are also offered.

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

PLEASE CALL
303-697-0225
TO SCHEDULE AN APPOINTMENT
and visit www.GrantAutomotive.net

19356 Goddard Ranch Court

Morrison, Colorado 80465

303.697.0225

all major credit cards accepted



Proud member of the
Better Business Bureau



5 stars from Bruce, a verified customer:
"Grant very quickly helped us out in an emergency.
We couldn't be happier!" —Bruce C.



Penny for your **thoughts**

Dependence on Kindness

BY PENNY RANDELL

Good day to all you readers out there. It’s Juba the dog, and I am ready to assist with any wildlife issues that pop up here and there in our mountain community. This time my mission is to offer a friendly communiqué to educate and inform humans who insist on feeding wild animals.



At first glance it may appear noble to care enough about the critters to offer a snack or meal that hopefully advances the health of that animal. However, my concerns address the downstream effects of dependence on kindness and what can easily happen from there. I know it must be an enchanting moment when the human hand is accepted by a wild creature in need of sustenance. After all, we are neighbors, and eventually a vast number of us find cause to interact. But, before the pangs of wanted acceptance overwhelm you, ruminate on this and perhaps reconsider your point of view.

Recently I spotted a red fox near the road that was wounded and full of mange. He was eating out of a dish that a human had given him. Before long cars began to stop, and some drivers made an attempt to lure the injured animal their way. If he recovers and thrives, he will forever be dependent on the human hand that feeds him. Why work for a living when you can get it for free? Besides that, an additional food source can skew the numbers, and birth rates can increase as a result. That’s not good, for fluctuating food availability will inevitably disrupt the natural order of the wild.

A few years ago, a baby elk was “adopted” by two residents in Woodland Park, Colorado. At a year-and-a-half she weighed 300 pounds and evolved into a nuisance in the neighborhood. Colorado Parks and Wildlife (CPW) was contacted, and officers instructed residents to reverse condition the animal, to stop feeding it. Not surprisingly, the doleful story ends when the elk was euthanized because of her violent and unexplained attack on two human hikers. When this poor cow was field dressed by an approved hunter, baling wire, a rubber glove, and a plastic grocery bag were found in her stomach.

When questioned, the folks who adopted the baby elk testified that they tried to return her to the wild and were well-intentioned from the start. In actuality, this remains impossible. Biologists and wildlife professionals agree there is a huge behavior difference between animals that “imprint” on people and those that simply live in close proximity to people. Most officials would agree that a domesticated elk is more treacherous than a hungry bear. This may be hard

to believe, but it’s true, nonetheless. An angry or frightened elk can easily stomp a person to death out of fear or frustration, temporarily forgetting how to simply be an elk.

Endeavors to keep wildlife wild are the serious business of numerous agencies, both state and federal. The National Wildlife Research Center works relentlessly to minimize urban wildlife conflict. Their researchers do all they can to implement solutions that balance the needs of both people and wild animals. One of their main concerns lies in preventing rabies, one of the oldest viral diseases known to man. This disease is most often transmitted through the bite of a rabid animal, especially raccoons, skunks, foxes and bats. Because of this and other sensible concerns, the Center reminds folks that it’s often hard to separate food from fingers.

But rabies isn’t the only disease that can be transmitted from animal to human. Scientists are actively facing the threat of other afflictions that don’t involve a bite. Wild animals can easily pass pathogens on to farm animals, and from there on to you. Brucellosis, an infectious bacterium, is spread through droplets of moisture dispersed into the air. People can contract this indisposition through an animal’s cough or sneeze. Tuberculosis is another such agent that threatens the population, domestic and wild, human and non-human.

As already noted, CPW is another agency that can advise and assist with issues pertaining to wild animals and keeping them that way. The agency advances a strict no-feeding strategy to avoid unhealthy contact with the animals. As the population of the Front Range and all of Colorado continues to grow, wildlife will forever be seriously impacted by any interaction. Although development may displace some species, others will find homes in local open space, parks and water sources. Many may wander into your back yard, such as skunks and raccoons, which seemingly prefer to live in and near cities.

CPW officials say that their mission is to protect and enhance the state’s wild creatures. In doing so, it is their job to protect and remove the dead carcasses of large hoofed stock, such as bighorn sheep, from roadways. Vehicles along the road to Mount Blue Sky are often surrounded by sheep and their babies that have run down to the road to receive “goodies” from the drivers. This is learned behavior. For years motorists have been rolling down windows and doling out cookies, chips, and other snacks to the innocent critters. People either forget or are unaware of the complex digestive system of a bighorn sheep that has evolved over thousands of years.

The next time you consider feeding a critter that has unfortunately lost its respect for or fear of humans, recall these facts and ask yourself these questions: How much do I care about the animal? Would I induce an animal to feed from my hand or yard if I knew it would end up as prey? Considering the laws of nature, is it really prudent to encourage wild animals to be dependent on kindness? Care for sick, wounded, or orphaned animals should be handled by professionals to minimize human contact and maximize chance of survival when returned to the wild.

This is a hard message to swallow, no pun intended, but it remains as truth. If you want or feel a need to feed animals, acquire one legally and let that fulfill those forever pangs to care for us critters. Remember that there are dogs and cats, rabbits and guinea pigs, and many other species that need to be adopted. Be aware that I speak from experience on the adoption front. As far as wild animals are concerned, keep safe and watch those critters from afar. That is how to truly befriend them. In the meantime, I will be around searching for another subject that will keep all varieties of animals thriving and healthy.

YOUR LOCAL ASPHALT SPECIALISTS

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



We'll always
get right back
with you



303-870-4069 Call or Text



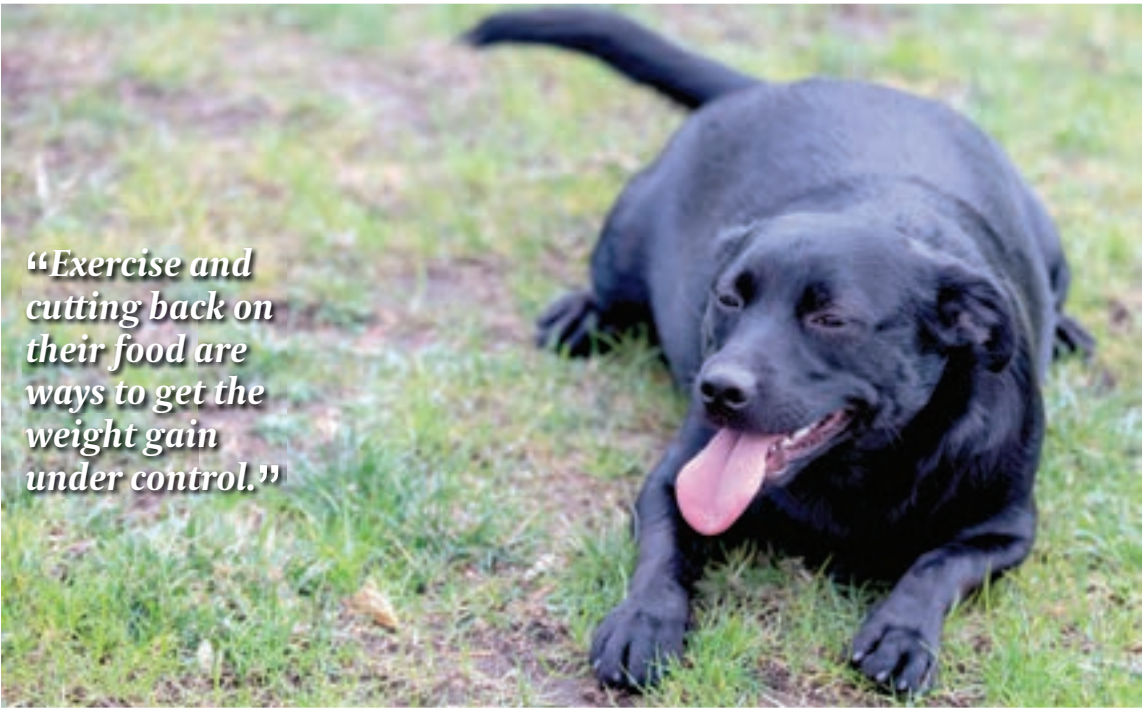
www.AllSonsAsphalt.com





“33% of cat owners and 35% of dog owners categorized their pets as overweight or having obesity.”

“Exercise and cutting back on their food are ways to get the weight gain under control.”



Dogs, Dogs, Dogs

BY CATHY KOWALSKI

Most of us, at one time or another, have felt the need to lose a few pounds. Dogs can’t tell you they’d like to lose a few pounds, so it’s up to you to keep a check on their weight!

As you look at your dog from above—do you see an hourglass, a tuck in the abdominal area? From the side, do you see a tuck up behind the rib cage? According to the Association for Pet Obesity Prevention, “33% of cat owners and 35% of dog owners categorized their pets as overweight or having obesity.” Your veterinarian can provide you with a Body Condition Score (BCS) for your dog or cat. You should be able to feel your dog’s ribs as you run your hands over your dog’s side, but not be able to significantly see them. In dogs, the most common preventable disease is obesity. The life expectancy of your dog is significantly reduced when it is obese. Just like in humans, dogs are at risk of getting cancer, diabetes, heart disease, hypertension, degeneration of joints, urinary bladder stones, hypothyroidism, pancreatitis, kidney disease, arthritis, and Cushing’s disease. Their quality of life is severely compromised. They may have challenges walking up the stairs, or getting onto and back down off of the furniture; they may pant excessively, and may have less energy.

The biggest contributing factor to obesity is overfeeding. Never love your dog with food. Yes, they are absolutely adorable—but love them with play, hugs, training, taking a walk, or just spending time with them. If their weight gain is abrupt, schedule a visit with your veterinarian. They can run blood work to determine if there are any conditions that are causing weight gain. They may also want to do x-rays. Exercise and cutting back on their food are ways to get the weight gain under control. Don’t always go by the suggested amount of food on the package—these are suggestions. You can cut their food back by a quarter cup and replace it with canned beans, apples, or carrots. There are various weight-loss dog foods available; check with your veterinarian for recommendations. Increase their exercise by 15 minutes to start. As your dog becomes more fit, you can increase the length of exercise and the difficulty. You would want to start with walks, not jogs! People food and table scraps are not necessary for your dog. If you do want to give them to your dog, use them as training rewards, but watch the

amount you are giving them. You can also use apples and carrots for training treats. Use a measuring cup when filling their bowl, and feed them two meals per day. Don’t free feed by leaving bowls of food out all day for them to munch on. Give them 20 minutes, then pick up the bowl and save it for the next scheduled feeding. Feeding your dog twice a day is better than one big meal per day for their metabolism. It also helps to prevent bloat, which is very dangerous for your dog and can be life-threatening. We all want our pups to be with us, healthy and happy, for as long as possible. Keeping your dog at a good weight is one way to ensure your buddy is by your side for many years to come.



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.



WHEN THINGS GET TOUGH, FOLKS SHOW KINDNESS

BY ANNE VICKSTROM

These days, I hear a lot about how people don’t care about each other. How we’re an “Us vs. Them” country. I beg to differ.

Last month, while driving down a steep and curvy, stunningly beautiful road, my husband, I, and two friends were the first to reach the victim of a fatal bicycle crash. As my husband jumped back into the car to find cell service, I flew to the side of the victim. He saw something that I, at first, didn’t—she was already deceased. Moments later, her cycling companion appeared and was doing her best to call 911. She managed to connect, and the conversation and directions from the operator began. “Don’t move her. What are you seeing? The ambulance is on the way.” I leaned over, speaking to this beautiful woman who, a moment earlier, had been feeling the Colorado sun on her back and loving the aspens and pines passing by as she maneuvered down the road on her rented E-bike. We learned that she was planning to return to her California home and children the next day. As I was leaning over and speaking to her, trying in vain to keep her conscious until help could arrive, I cannot tell you how many concerned drivers slowed and called out, “Do you need help?” Others had already stopped, and folks took different turns telling them that help was on the way. Some slowly moved on, seeing that they couldn’t help and that it was best to get



The cairn I built in memory of the rider.

out of the way. Others pulled over, determined to help any way they could. One was the kind woman who appeared beside the concerned and panicked friend and introduced herself as a grief counselor. I watched this woman reach out and take on the weight of what the friend was trying to comprehend. She brought calm and caring to the surviving victim and her other friends who came on the scene one by one. Before the ambulance arrived, as I continued to care for the victim, I knew that she was gone. But something told me to keep up the care, for the sake of the friend praying beside me. Once the paramedics arrived, they confirmed my understanding, not attempting any life-saving measures other than to check that, indeed, her pulse was gone. They went through their official duties, as they are required to do, as the facts they collected would be used to bring solace to those affected in the coming days. They spoke plainly but with compassion, and after we reported what we had seen and were leaving this moment in our lives, one deputy took the time to reach out and share his condolences. He made sure that we were in good enough emotional shape to continue our drive. Our friends and we had been headed to get a bite to eat, and so mechanically, we went through the motions of parking, walking to, and sitting down in a restaurant. Our waiter, as they do, arrived with a big smile and asked enthusiastically, “How are you today?” None of us could manage a “fine, thanks,” and instead we told him what had just happened. He instantly reacted and told us how sorry he was to hear of it. He took on a more somber demeanor, and throughout our lunch, seemed to be caring for all of us in an unusually kind manner.

Everyone deals with traumatic moments differently. I wrote to my children, mother, and sisters and told them what had happened. Their calls and texts felt like a warm blanket wrapping me in love. My husband shared the news with a very special group of friends, whose words soothed and supported us. As time has passed, we find we’re able to say, “Just fine, thank you, and you?” again. We’ve chatted about the compassionate and caring expressions on the faces that passed us that day, and how comforting words have supported us. I won’t ever forget the lady we’ve spent so much time thinking about and yet knew only in death. The grief counselor told me that I should also have some counseling. I’m lucky; my husband is literally a professional in helping people deal with difficulty. But I find that I am not focused on the death but the moments of hope that she would survive and the hugs I shared with her friends, and the stories of her that told me what a special, bright, successful woman she was. I feel privileged to have been with her in those final moments, and that maybe, just maybe, she knew that people cared in her final moments. We go through our days so often, not stopping to appreciate the little things, not slowing down to really connect with others. Experiences like this changed that.

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... CASTLES & KITCHENS

Good Sammies

BY FRANCESCA ARNIOTES

“Sandwiches are an opportunity to be creative, reduce food waste, and use leftovers in an interesting way.”

Not talking about good Samaritans today. It’s good sandwiches, or “sammiches” as our little kids say, or “sangwiches” as all the old Italian ladies in the neighborhood used to say. Making lunches for the grandkids last week, I was thinking back to my elementary school days and the excitement, only a hair behind Christmas Day, of flicking open the latches of my tin lunchbox to see what marvelous creation was waiting to be unfolded from its waxed paper wrapping.

On Mondays, it was likely to be a tasty slice of roast beef or capon breast from Sunday’s big midday dinner, between two slices of pizza bianca—white pizza—from Sunday night’s supper. This is crazy to think now, how Sundays, while we were getting ready to go to 9:00 Mass, my mother or grandmother (depending whose week it was to host) was prepping a roast and side dishes so that the extended family could sit down together for our gigantic Sunday “dinner” at 1:00. Somewhere, somehow, in that same time frame, my mother would start pizza dough so it could slowly rise all day and be ready to be our evening meal. Half the dough was used for a tomato/cheese/meat toppings pizza, and the other half was baked with olive oil, salt, oregano, and cheese—pizza bianca. In the lunchbox the rest of the week, it could be pot roasted tongue or Roberts’ bologna and white American cheese on sliced Italian bread. Sometimes, it was juicy fried peppers and onions, with or without sausage, between the bread. Crispy bacon or thin sliced steak mixed with scrambled eggs was another inspiration. On Fridays, it might be peanut butter and grape jelly, my mother’s proud all-American-cookery moment, or (ditto) tuna salad. But it was just as likely to be a sandwich made with a tin of sardines in mustard and a lettuce leaf, or a slice of frittata, an omelet of sorts, with chunks of potato and onions bound together with eggs. All of these I loved.

As a teen working in our butcher shop, with the entire deli case at my disposal, I enjoyed some thin slices of Virginia baked ham (baked by me in the back kitchen, not in Virginia, but nevertheless scrumptious with a brown sugar-mustard glaze) stuffed into a Kaiser roll from Amaroso’s bakery in Philadelphia, delivered fresh daily! But my hands-down favorite to fill that roll was Roberts’ bologna. Years later, when we began to spend time in Italy, I discovered that the whole country is gaga over mortadella, which is, well, basically Roberts’ bologna with the addition of chunks of lardo. Are we hard-wired for certain things, I wonder?

FALAFEL

2 cups dried chickpeas (Do NOT use canned or cooked chickpeas)
1/2 tsp baking soda
1 cup fresh parsley leaves
3/4 cup fresh cilantro leaves
1/2 cup fresh dill
1 small onion, quartered
7–8 garlic cloves, peeled
Salt to taste
1 tbsp ground black pepper
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp cayenne pepper, optional
1 tsp baking powder
Oil for frying
(One day ahead) Place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight for 18 hours (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat dry.
Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor and run 40 seconds at a time until all is well combined. Refrigerate for at least 1 hour (or up to one whole night) until ready to cook. Just before frying, add the baking powder to the mixture and stir with a spoon. Scoop tablespoonfuls of the falafel mixture and form into patties (wet hands) Heat frying oil on medium-high until it bubbles softly. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or so until crispy and medium brown on the outside. Avoid crowding the falafel in the saucepan; fry them in batches if necessary. Drain on wire rack.



In Italy a sandwich, or panino, contains a couple of slices of only one kind of meat or one kind of cheese. The favorite by far is mortadella, followed by prosciutto (raw or cooked ham). Mozzarella and tomato is a fresh choice. Here, Italian sandwiches are called by many names, depending upon what part of the country you live in. There are hoagies, submarines, grinders, heroes, zeps, wedges, po’boys and torpedos. My cousin Scott carries on running the family butcher shop, and he makes the kind of sandwich that you’ll dream about forever after. Scott makes a hoagie, on a long Amaroso roll, with extra virgin olive oil, a variety of shaved salami and provolone cheese, black olives, sweet peppers and an incredible tossed salad. It’s juicy, salty, savory, and satisfying heaven.

My Greek husband is happy lunching most days on grilled horseradish cheddar cheese sandwiches on Dave’s Killer bread; but sandwich-wise, he absolutely lives for Thanksgiving, which is a hybrid holiday at our house. It is a feast

of our favorite Greek dishes and roast turkey, which, honestly, was his mom’s proud all-American-cookery moment. The turkey is not the center of attention at dinner, but is instead the star of the next several days’ sandwiches: sliced turkey breast with sausage dressing and feta cheese between slices of his home-baked bread. Soon after he and I met, by the way, he introduced me to Reuben sandwiches, a massive pile of thin sliced corned beef on rye bread with Swiss cheese, sauerkraut, and Russian dressing. Wow. And I introduced him to the Philly cheesesteak: a hollowed-out long roll filled with grilled shaved round steak “wit” white American cheese and onions.

Boulder in the 1970s was a much slower place that smelled of The Good Earth’s spice tea and introduced us to new flavors and sandwich combinations that became my favorites. Falafel in a warm pita bread with garlic sauce is something I never pass up. To make it at home is a bit of work, but well worth it when we sometimes just get tired of standard fare.

Sprouted multi-grain bread spread with hummus, topped with Havarti cheese, fresh Campari tomato slices, alfalfa sprouts, and slivers of avocado is a healthy feast of tastes and textures that makes one sad when it’s all gone.

Sandwiches are an opportunity to be creative, reduce food waste, and use leftovers in an interesting way. I hope you have gotten some ideas not only for lunch, but for suppers too—like fritatas, pot roast, or a Middle East feast from which tomorrow’s sammies might be built.

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.

Poet’s corner

It’s Fall

BY JEFF SMITH

*It’s fall you know
Mountainsides splashed with gold leaves
Chilly nights with windows open
Orange sunsets*

*The passion of summer has left
And the heartbreak of fall has arrived
Leaving you alone
Missing someone*

*Does fall bring hypocrisy
Or is it ruled by deception
Can you escape it
Through memories of friendships lost*

*Get ready for fireplaces crackling
Hot chocolate, kids in school
Football games*

*Goblins at the door
begging for candy
Bears napping
under fallen leaves*

*Family is the most important
And real friends of course
To be with and talk
About things you need to say*

*But for now,
It’s fall you know
With the aspen gold leaving
The early snow arriving
And sweaters coming out of storage*

Your Mountain Connection recognizes the talent and creativity of our mountain neighbors. Each month we invite local artists, photographers, poets, and writers to submit their work for consideration in *Your Mountain Connection*. We will choose submissions to be showcased on our cover, as a feature article, or here, in Poet’s Corner. We look forward to each and every submission...thank you!

Evergreen Chamber Ribbon Cuttings and News



Caitlin Gordon Properties
Bringing a dynamic mix of leadership, local expertise, and a heart for service, Caitlin is known for going above and beyond for her clients in the Foothills. Driven, knowledgeable, and deeply rooted in the community, she's here to make your real estate journey seamless and successful.

Caitlin Gordon
303-908-0993
caitling@madisonprops.com
caitlingordon.com



THIS is Why I Love Evergreen

BY NANCY JUDGE

We have all had the thought of, “this doesn’t happen in Evergreen” since September 10, but I would like to share with you why I love Evergreen.

On Thursday, September 11, with less than eight hours of planning, we had a beautiful event at Buchanan Fields. There was music, there were prayers, there were mental health resources, there were physical health resources, there were elected officials, there was free food, and there was a comforting presence from law enforcement. The number of local businesses who helped by providing all the food, drink and services needed for that night was both overwhelming and awe inspiring. There were many tears that night, and the looks I saw on faces of parents were of abject horror and fear.

Fast forward to Monday the fifteenth when we hosted a gathering just for the high school students. Therapy animals, including goats, bunnies, puppies, and Icelandic horses, were available for the kids to love on. Parents brought a volleyball net, corn hole boards, and large-sized Jenga game. There were art projects to work on, and, of course, there were food and beverages supplied by local restaurants.

This is just an example of two events that came together so quickly, and the outpouring of love and support from our local businesses was nothing short of amazing. Downtown Evergreen quickly had signs of support in the planters, Center for the Arts quickly pivoted their Day of the Arts to a Day of Healing, and Ovation West amended their performance so “Annie Get Your Gun” became “Annie Get Your Man.” Through it all, the Evergreen Parks and Recreation team reconfigured Buchanan Ball Fields and opened the Lake House doors to school district meetings. Local businesses and individuals gave me gift cards to give to teachers and first responders, and other businesses are offering items for fundraisers and thank you’s. Accounts through Colorado Gives Foundation have been set up to address the needs of the victims, and a donation page for one of the students still in critical condition (at the time of this writing) has been created. All of this in less than one week. This is the tip of the iceberg; and THIS, and more, is why I love Evergreen.

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



Everything EVERGREEN

All the information you need.
Download in the app store now.





mountain area Women in Business hall of fame luncheon

Thursday October 23, 2025

11:15 am – 2 pm
Mount Vernon Canyon Club
24933 Club House Circle, Golden, CO 80401
Members - \$55 • Non-Members - \$65

Join us in welcoming our newest inductees into the Mountain Area Women in Business Hall of Fame and recognizing Women on the Rise. Enjoy an elegant meal and network with other career-focused women at this Women Empowering Women luncheon.

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

WE SUPPORT LIVING LOCALLY

11TH ANNUAL EAPL'S ZOMBIE FUN RUN 5K SUNDAY, OCTOBER 26TH, 2025



Race Starts 10am • Buchanan Rec Center Ball Parks
Register now at <https://getmeregistered.com/EAPLZombieRun5k>



Conifer Chamber News



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

Christmas in Conifer

A Celebration of Community and Holiday Spirit
BY BETH SCHNEIDER, EXECUTIVE DIRECTOR



The holiday season in Conifer has always been a time of connection and tradition—and this year, we’re taking it to the next level with **Christmas in Conifer**, a week-long celebration designed to bring neighbors together, showcase local organizations and businesses, and spread holiday cheer throughout our community.

This expanded celebration will begin on November 29, which is **Small Business Saturday**, and continue throughout the week with activities, special events, and festive gatherings at businesses and organizations across Conifer. The week will culminate in one of our community’s most beloved traditions, the **42nd Annual Conifer Christmas Parade**, on **Saturday, December 6th**. To make the season shine even brighter, both residents and businesses are invited to participate in **Light Up Conifer**, a community-wide **holiday lighting competition**, turning Conifer into a glowing winter wonderland.

The **Conifer Christmas Parade** has long been a highlight of the season, one that draws families, friends, and visitors to our community year after year. By pairing this Conifer tradition with a week of festivities, we’re able to capture the true spirit of the holiday season and create opportunities for everyone to take part. Beginning on Small Business Saturday, Christmas in Conifer shines a spotlight on the importance of supporting the entrepreneurs, restaurants, artisans, and shop owners who are at the heart of our town. We also hope to create space for new traditions to take root.

Businesses and organizations can engage with the community in creative ways, while families can look forward to a variety of experiences that go beyond parade day.

Christmas in Conifer represents the best of what our community has to offer: tradition, togetherness, and a shared sense of pride. Whether you’re strolling Sutton Road to watch the parade, visiting a local shop during the week, or joining in the lighting competition, you’re part of something bigger—something that makes the holidays in Conifer truly magical.

For full details about Christmas in Conifer events and participation opportunities, visit GoConifer.com or call the Chamber office at 303-838-5711. Together, let’s make this year’s **Christmas in Conifer** a shining example of holiday spirit.

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!

Every month in *your* MOUNTAIN CONNECTION stories are contributed by local residents to inspire healthy living, happy families, and community giving.

Our November theme is *Thanksgiving!*

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

Art by Julie Grundtner



October Cover Artist Douglas Wodark

“I determined to live my life more fully by doing what I really loved: creating art!”

My passion for art was once afforded only the time of a treasured hobby. In 1988, I took a one-year sabbatical to travel the world. I returned realizing that I live in one of the greatest countries on earth with almost unlimited opportunity, and I determined to live my life more fully by doing what I really loved: creating art!

Now, after 35 years of painting full time, my work centers on large-format oil paintings of animals in both color and black and white. The images are ethereal, with a contemporary patina of splattered solvent that mimics rain, snow, or splashing. My love affair with art is still burning bright!

Brilliant Oils, LLC • Douglas E. Wodark • www.douglaswodark.com

CALENDAR OF EVENTS

October 1
Welcome to Wine, Women & Wealth (WWW) Meetup, 6:30–8pm at Evermore Wine Bar & Cafe, 1254 Bergen Pkwy, D122, Evergreen. WWW is a community of women supporting each other in business and in their relationship with money. Relax, enjoy a glass of wine and light appetizers, meet other amazing women, and learn about money! It's FREE, now that's smart money. There's time for networking and sharing about yourself, so bring business cards if you have them! I host these events every 1st Wednesday of the month in Evergreen. Feel free to text or email: amelia@basilgrp.com or text: 720-722-0094. Thank you! RSVP is required.

October 2, 9, 16, 23, 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.

October 3
Grand-reopening Party, 5–8pm, at Chillax Om Acupuncture Clinic's new location, 4600 Plettner Ln., 1st FL #1C, Evergreen. Guests can enjoy FREE acupuncture, herbal medicine teas and mocktails, hors d'oeuvres, and try natural skin care samples, PEMF/INFRARED/5 COLOR LED/AIR MASSAGE TREATMENT DEVICES. Plus you can enter to win raffle prizes of gift certificates, skin care, and mocktail kit gift baskets. **Please contact Dr. Andrea Renee Rivera if you have any questions at chillaxom@gmail.com. RSVP and details can be seen at <https://chillaxom.com/oct-3rd-2025-party/>**

October 3–26
This October at StageDoor we find Seymour and Audrey in The Little Shop of Horrors! Fri./Sat., 7:30pm; Sun., 2pm. 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.*

October 4
Evergreen's 150th, Sacred Spaces: Noon–2pm at Marshdale Park, 6979 S Ocelot Trail, Evergreen. Hosted by John Steinle and Jennee Hancock. FREE event. Evergreenchamber.org

October 4
Center for the Arts Evergreen (CAE) Public Sculpture Tour, 10:30–11:30am, at Center for the Arts Evergreen, 31880 Rocky Village Drive, Evergreen. Join us for a fun and informative morning as CAE hosts a free docent-led sculpture tour. The tour begins at CAE and takes you just across the street to Bergen and Buchanan Parks, where you'll explore the public sculptures on display as part of Evergreen's growing outdoor art collection. Our knowledgeable docent will share the stories behind the pieces, the artists who created them, and the impact of public art in our community. Tours last about an hour and include moderate walking on park paths—no RSVP needed, just show up and enjoy! evergreenarts.org

October 4 and 18
Open Houses at McGraw Park in Bailey, 11am–3pm. We will have two open houses in October at 39 Wellington Lake Road in Bailey.

Docents will give tours and info on the historic buildings including the Entriken Cabin, Wren Cabin, Shawnee Schoolhouse, and the Caboose.

October 8
Welcome to Wine, Women & Wealth (WWW) Meetup, 6:30–8pm at Intrinsic Collective, 922 Washington Ave, Golden. WWW is a community of women supporting each other in business and in their relationship with money. Relax, enjoy a glass of wine and light appetizers, meet other amazing women, and learn about money! It's FREE, now that's smart money. There's time for networking and sharing about yourself, so bring business cards if you have them! I host these events every 2nd Wednesday of the month in Golden. Feel free to text or email: amelia@basilgrp.com or text: 720-722-0094. Thank you! RSVP is required.

October 11
Wellness Vendor Showcase. Experience relaxation, renewal, and wellness with acupuncture, wellness training, Dru yoga, sound bath, and Reiki coaching. Enjoy being in nature. Sample offerings from vendors, like wellness mixology, cooking demonstrations, essential oils, and more. Upper Bear Creek area, for info mountaintransformation.com.

October 11
Mark Hanson and PCHS will be co-sponsoring a field trip to mining areas as detailed in his book *Tarryall Gold: From Rush to Hush*. Free for those who have purchased his book or a \$10 fee for those who have not. Space will be limited. **For info: Parkctyhistoricalsociety@gmail.com**

October 14
Connections & Cocktails. Join us at the Origin Hotel Red Rocks, 18485 W Colfax, Golden, from 4:30–5:30pm. evergreenchamber.org

October 15
Money 101, How Money Works, 12pm, at Keller Williams Foothills Realty, 31207 Keats Way, #101 Evergreen. Are you ready to level up your financial knowledge while simply eating lunch? Join us for a financial education lunch and learn, a fun and interactive event. Whether you're a financial newbie or a money-savvy expert, this event is perfect for anyone looking to learn more about managing their money, saving/investing, paying less in taxes, decreasing stock market risk, retirement/future planning, money tips, living benefits life insurance, estate planning, and more. Please RSVP to me with the date and number of people. Call or text Amelia at 720-722-0094. Free event.

October 23
We Take the Leads Group Meeting, 11:30am–1pm, Madison & Co. Properties, 1193 Bergen Parkway, Suite O, Evergreen. We are an industry-focused leads group where members share referrals and help each other grow. Build strong connections and grow your network in a collaborative, community-focused environment. Free event. For info call Cathy Barry 303-903-3200 or email cathy.barry@tbtloans.com. tbtloans.com

October 25
Quick Draw McGraw 2 mile race up and down Morrow Trail, 10am. For more information call Kevin McNamee at 970-302-6078 or **em: crates.colorado@gmail.com**.

October 25
4th Annual Fall Festival at McGraw Park, 4pm to 8pm. Pumpkin patch and decorating, games, historical building stories, trick or treat, hot cocoa in the caboose, and more! Free event.

October 2025



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 Taspens Dragonfly Studio, unless other location noted, register at www.taspenshealingcenter.com under Events, or online (Zoom details on website) www.peace-worksinc.co/communitywellness

October 1
Gather & Grow Empowerment Circle, 9–10am, 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.

October 1
Meditative Sound Bath 5:30–6:30pm. Join Brenda for a transformative vibrational meditation to harmonize emotions and thought patterns while soothing tensions in the body. Sensation is integrated with mindful intention to enliven energy centers and internal wisdom. Wear comfortable clothes, bring a water bottle, head pillow, and yoga mat (if you have one).

October 8
Block Therapy™ Trauma Release 5:30–6:30pm. Trauma (physical and emotional) becomes trapped in your body and leads to pain, aging,

and disease. This powerful self-healing practice unlocks the restrictions and adhesions that block blood and oxygen flow and releases trauma at a cellular level. All levels. Wear comfortable clothes. Bring a yoga mat if you have one and a water bottle.

October 14
Men's Group, 7–8pm, 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 to personal and collective growth. Together, we redefine masculinity with empathy, resilience, and mutual respect.

October 15
Meditative Sound Bath 5:30–6:30pm. Join Brenda for a transformative vibrational meditation to harmonize emotions and thought patterns while soothing tensions in the body. Sensation is integrated with mindful intention to enliven energy centers and internal wisdom. Wear comfortable clothes, bring a water bottle, head pillow, and yoga mat (if you have one).

October 22 and 29
Dru Yoga 5:30–6:30pm. Dru has a focus upon maintaining a healthy spine, through activation movements in the beginning of class and throughout a Dru session. A typical Dru Yoga class includes energy block release sequences, classical asanas (yoga postures), pranayama (breath work), mudras (gestures), positive affirmations, and also empowering visualizations. Dru classes are tailored to the student and their individual level, which makes it great for everyone.

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).

Platte Canyon Fire Protection District Fundraiser a Success

Jerry and Karen Mason, who hosted the fundraiser at their home in Deer Creek Valley Ranchos, on Saturday, September 13, would like to thank all those who attended and/or made donations to the fundraiser. The grand total raised, both at the event and through the GoFundMe.app, was \$4,176.61, which has been delivered to the fire protection district.

This amount will definitely go a long way in helping those who unselfishly stand ready, willing, and able to help all of us at the time of our greatest needs. We should all be sure to offer a hearty THANK YOU to all first responders whenever we might encounter one. Thank you, first responders, for all you do to assist and protect all of us! And a special thank you to all who helped out in making this fundraiser the success it was.

www.plattecanyonfire.com

Evergreen Animal Protective League (EAPL) is Seeking Volunteers



**Evergreen
Animal
Protective
League**

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.

Support your community...



BUY LOCAL!



 THE BARN
AT EVERGREEN
MEMORIAL PARK

26624 N. Turkey Creek Rd., Evergreen, CO
303-674-0556 | thebarn@evergreenmemorialpark.com
www.TheBarnatEMP.com

Evergreen Memorial Park
Funeral Home. Cemetery. Crematory.

303-674-7750
Be Green In Evergreen

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

"NATURAL BURIAL"

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

303-674-7750 • 26624 N. Turkey Creek Rd, Evergreen, CO 80439
www.EvergreenMemorialPark.com • www.PetsatEMP.com

BUSINESS SERVICES

ACCOUNTANT



Jesse James, CPA

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

720-220-8099 • www.JHJ-CPA.com

APPLIANCE REPAIR



LARK
APPLIANCE REPAIR

(303) 656-9032
WWW.LARKAPPLIANCE.COM

ASPHALT SEAL COATING AND PAVING



Josh Wutschke
owner
American Asphalt Restoration

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

P.O.BOX 9206 Denver, Co 80209

BATH REMODEL

Mountaintop Bath Remodeling
Complete custom bathroom remodeling
Tub and tile replacement. Tub to shower conversions.
Prime Baths acrylic bath systems.
Remodel in as little as one day!



Authorized Dealer.
Licensed, Insured.

303-495-5328 www.mountaintopbath.com

BOOKKEEPING



MCCONNELL'S
BOOKKEEPING, LLC

720.252.5618
MCCONNELLSBOOKKEEPINGLLC@GMAIL.COM

ADVERTISE HERE!



GET NOTICED!
\$60 per space per month
Call 515-326-2672

FIREWOOD



Top Quality
Firewood
Pine
Hardwood & Mix
303-838-3942
720-217-3110
Kryz Karl

HEATING AND AIR CONDITIONING



Pace & Sons
MECHANICAL INC
Service & Installation

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

Financing Available 720-898-4700

HOME CONCIERGE



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

EVERGREEN
Home Concierge

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

INSURANCE



FARMERS
INSURANCE

Matthew J. Thomas
2922 Evergreen Pkwy #B206
303.674.2475
mthomas@farmersagent.com
Registered Representative, Farmers Financial Solutions, LLC
15821 Agave Road, Ste. 1, Agave Hills, CA 91301-2814
Member 1004 & 1017

PEST CONTROL



Residential & Commercial Pest Control
Locally owned and operated
We treat your home like we treat ours

A Pest Control Co.
719-203-7282 • www.apestcontrolco.com
720-370-5076 • apestcontrolcompany@gmail.com

REAL ESTATE



HOMES & LIFESTYLES OF COLORADO

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

BUY | SELL | HOUSE CALLS
Kathryn L Carlson, Broker | Owner
26+ Years Selling Locally | Kathryn@HomesLifestyles.com

Chace Holland
303-503-7877
Valor Loans

ROOFING



LOCAL COMPANY, VETERAN OWNED, INTEGRITY FOCUSED

Residential and Commercial ROOFING
CALL NOW FOR MORE INFORMATION
303-770-7663
REPAIR OR REPLACE

ROOFING AND CONSTRUCTION



Enviro Roofing & Construction

Josh Wutschke
owner

P.O. BOX 9206
Denver, CO 80209
enviroroofing.com

Office: 303-953-7079
Cell: 303-261-7740
roofingjosh@gmail.com

SERVICES



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

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

SOLAR SYSTEMS



LOCAL COMPANY, VETERAN OWNED, INTEGRITY FOCUSED

Residential and Commercial Solar Systems
CALL NOW FOR MORE INFORMATION
303-770-7663

VACUUM SERVICE SUPPLIES



NEW Vacuum Sales
Authorized Repairs
FREE Estimates

303.674.4803

30456 Bryant Dr
Evergreen
Mon-Fri 8-5

WATER CONDITIONING



HARD WATER ISSUES? RADON?
Water Done Right

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

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

\$60/mo 3/mo minimum



Design Service Available

COLORADO FURNITURE

303-838-4669

Fine Furnishings and Local Artisan Gallery

Customize Something Uniquely You!



Discover our 10,000 sf SHOWROOM

10853 US HWY 285, Suite D
Conifer, CO 80433

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

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

Designed to *inspire*,
built to **endure**.



Specializing In:

- Luxury Outdoor Living
- Custom Decks & Patios

coloradocustomcoversanddecks.com



It's not just a deck, It's a lifestyle.

(720) 301-5535