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— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



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Count Your Blessings

“I am so grateful for pets, their undying affection, and all they do for us.”

I hope this edition finds you and your animals well, happy, and healthy. It is the time of year to be grateful, and I have much to be grateful for. I would like to share some of that with you, perhaps to be an inspiration to you or someone in your life.

I grew up a poor city kid in an emotionally abusive household. I was adopted by hardworking German immigrants who experienced a tremendous amount of hardship in their lives, and had little capacity for compassion, kindness, or understanding of anything but relentless hard work. I didn't have the right clothes or even a decent haircut most of the time, so making friends at school was difficult, besides the fact I was not allowed to actually socialize with them, anyway. I would have been even more sad and lonely had we not had many animals over the years. They saved me, you know. And although my parents were mostly unhappy, I think having so many animals was their way of trying to bring some joy into their lives.

This is why I think I love and understand animals more than most, because growing up I spent much more time with them, and received their love and affection, more than from anyone or anything else. Well, besides books. I loved books, as they were my great escape. In books, I could experience the freedom of 100 horses, travel the world, and be surrounded by all the shapes, colors, breeds, and varieties of horses the world has to offer. My mother used to make fun of me for reading all the time. But I just painfully ignored the taunts, and went back



“Thanksgiving is a time to reflect on all the abundance you have in your life, and to count your blessings.”

to reading my books. Today I realize she just didn't understand, and probably didn't intend to be so cruel.

Books, learning, and animals is what got me through it all. And when I was 15 years old, and visiting one of my sisters for the summer, my parents sold their home (and all my things), their cars and their businesses, moved out of state, and left me behind. Believe it or not, I was actually grateful, because I had been so unhappy with them. Another sister ended up feeling sorry for me and taking me (they were all much older than me), and then an entire new chapter in my life started.

Thanksgiving is a time to reflect on all the abundance you have in your life, and to count your blessings. I am grateful for

my parents teaching me the value of hard work, and just how hard and unforgiving life can be. Those lessons helped me many times throughout my life to survive even more difficult circumstances, and to have the strength and resilience to continue on, with my animals as a comfort at my side, of course. I am so grateful for pets, their undying affection, and all they do for us.

I see it today in my veterinary practice, people who only have the will to live because of the animals in their life. I see how much they count on me to help make sure those animals stay healthy. I deeply understand that, at times, animals are the only reason people can get through some of the struggles in their life. Animals are a special blessing from God, and for those of us who

know, understand, and experience this, we are very lucky and blessed to have this in our lives. I feel bad for people who don't understand how much animals mean to those of us who do know. But then I guess we are all here on our own journey.

This is why, I am sure, I ended up being a veterinarian, and why I have this vision for the ResqRanch. I want so much to share this special place, and the special animals that live there, with the community, so people can have hope when they are sad, find peace in their turmoil, and find self-confidence when they are unsure of the way forward. The animals in our care can help; because animals did this for me, I know they can help others, too.

Thank you for placing your trust in me and my team to take care of your animals, because I really know just how much they mean, and I am honored to help keep them healthy and happy for as long as possible. If this resonates with you, please subscribe right now to our YouTube channel, The1DrQ, for more health and training tips. It also costs you nothing yet helps us to secure additional funding to expand our programs. Of course, if you feel moved to donate to help feed and care for the animals, we appreciate that as well. We look forward to seeing you there one day soon at one of our events! I am very blessed and lucky to have animals, and the people who love them, like you, in my life. Thank you for reading, God bless you all. DrQ and the crew of Aspen Park Vet and the ResqRanch.

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connection to the past

EVERGREEN TURKEYS

ELAINE HAYDEN | EMAHS



Intersection of lower Meadow Dr and Hwy 74 mid 1940s

Cultures across the globe have celebrated harvests throughout time. The path that leads to modern observances of Thanksgiving, celebrated with roasted turkey and pumpkin pie, is debatable among historians.

The long-standing custom of feasting following a successful harvest among Indigenous people was adopted by the Pilgrims at Plymouth, Massachusetts. According to Alvin Josephy, Jr. in the book *500 Nations*, Pilgrims in 1621 chose to celebrate their harvest in their new world by inviting Massasoit and his Wampanoag band to share their bounty in a feast of giving thanks. The tableau that has produced the notion that Pilgrims and Indigenous people shared the 1st Thanksgiving in 1621 was not a feast of turkey but more likely consisted of venison, fish, and corn. However, as found in the book *Plymouth Plantation*, Pilgrim Edward Winslow reveals that, “Besides waterfowl, there was a great store of wild turkeys of which they took many.”

Fast-forward over two hundred years when in 1863, Abraham Lincoln proclaimed a national day of thanksgiving and praise at the behest of Sarah Joseph Hale. Hale’s letter to Lincoln has been cited as influencing Lincoln’s declaration to name November 26, 1863, as a holiday for giving thanks and

praise and to ease the strife from the Civil War. The date of the popularly recognized holiday was sealed by Franklin Roosevelt in 1941 to be officially observed on the 4th Thursday of November. Traditionally a New England concept of including a fine-sized turkey, cranberries, and pumpkin pie on the Thanksgiving table found its way throughout America and has emerged as the popular fare it is today.

Availability of fresh turkey for a traditional meal is not lost on the Evergreen mountain-area history. In the midst of WWII, Hiwan Ranch owner Darst Buchanan established a turkey farm on his vast land holdings in Evergreen. According to Pam Schulz in her narrative of 1991, Buchanan entered the turkey business on the Hiwan Ranch and constructed turkey sheds near where the Mountain Home at the Showbarn Center on Meadow Drive is now located. Several thousand turkeys resided there and roamed the Meadow Drive area. The Hiwan turkey flock was tended by Isham Jones who, as Schulz reports, was a famous bandleader

at one time. The success of Buchanan’s turkey operation met its height when the Swanson Company contracted to purchase 10,000 turkeys annually for a three-year period. With the end of WWII came the advent of the frozen TV dinner, pioneered by Swanson, thus their interest in procuring massive amounts of turkeys. Toward the end of the 1940s, however, Buchanan abandoned his turkey operation and concentrated on his Hiwan Hereford cattle business.

Turkeys that prefer to walk on the wild side can find a welcoming habitat west of Evergreen on the Evans Ranch and the Mt. Evans State Wildlife Area. In 2003, Rich Denbow, manager of the Evans Ranch, worked with the Colorado Division of Wildlife (now the Parks & Wildlife Division) to introduce Merriam turkeys to the area. A local chapter of the National Wild Turkey Federation was formed as the Mt. Evans Merriams. The introduction of wild Merriam turkeys began with the relocation of approximately 12 turkeys from areas near Tiny Town and the Rainbow Hill neighborhood. This relocation effort has proven to be a success, as the area flock has proliferated and thrived in the wide-open spaces in the Mt. Evans Basin. Surprise encounters of wild turkeys are a pleasant reminder of the wildness of our area. Denbow reports that

often only 50% of hatchlings survive, as the turkeys fall prey to mountain lions, bobcats and raccoons in the natural environment. Springtime brings the toms and their strutting display as the mating season gets under way. Sightings in the fall are numerous as the surviving chicks learn the way of the wild from both toms and hens. Turkeys nest on the ground, but with each nightfall, they head for the trees, roosting there until sunrise. Management of this wild turkey flock is largely left to nature, as the Merriams have settled in over the past twenty years and continue to delight those fortunate enough to happen upon them in nature’s setting.

Whether Thanksgiving is celebrated by feasting on roasted turkey, tofurkey, or a bowl of autumn vegetable soup, a large focus of this national holiday remains as a time to give thanks for one’s bounty in the form of family and friendships.

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Evergreen Mountain Area Historical Society (EMAHS) is a non-profit organization whose purpose is to protect, preserve and promote the history of Jefferson County. EMAHS members contribute their time and financial support to collect, preserve and interpret local history, ensuring a legacy that enriches the lives of present and future generations. Contact EMAHS at 303 670- 0784 or visit their website at EMAHS.org.

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I'm Just Sayin'...

November – Thanksgiving

Jeff Smith owner/publisher

Stores are putting Christmas decorations out before Halloween. I'm just not ready. November is a month to celebrate first.

Veterans Day is on November 11th. Just take the time to remember.

Thanksgiving is on November 23rd. Seeing what is happening in other parts of the world, we should be thankful every day that we live in America. Think about those who aren't so lucky. It doesn't matter what you believe, the suffering of humans because they believe differently than you is unacceptable anywhere in the world. I try not to get political in this paper, but sometimes I have to bite my tongue when I see people protesting and destroying people and property for all the wrong reasons. Let's be thankful for what we have that many in the world don't.

I just drove from Evergreen to Conifer on 73 behind a cement truck that never went over 30 mph. A dozen cars backed up behind him, but he wouldn't pull over and let the traffic go by. Maybe it's time to have a couple of passing zones on 73?

My Brittany puppy will turn 13 this Christmas day. She still has a lot of puppy in her, but her age is starting to show. Having pets can be hard sometimes, but we are thankful for her being part of our family

for as long as she can. Everyone needs the unconditional love of their pets.

I think the tree peepers and campers have stopped for now, so we have a short window with less traffic until ski season begins. Enjoy!

Broncos – Nothing to see here. Very disappointing, but shouldn't be surprising.

Iowa Hawkeyes – they beat Wisconsin on their field and could win out and go to the Big 10 Championship game. If they tie with Wisconsin for the Western Division, this was a huge win! Stay tuned.

Avalanche – I saw the Avalanche beat Las Vegas on September 25th. The starters didn't see much if any action, but a couple of their rookies looked pretty good. It should be a good season. Landeskog is probably out for another year!

Nuggets – they are just getting started, but they should be contenders again this year. Only injuries can hurt them, so I hope they all stay healthy.

Quackadilly says:
"What if today,
we were just grateful for everything"
Charlie Brown

your MOUNTAIN CONNECTION

NOVEMBER 2023 • VOL XXX N11

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www.YourMtnConnection.com
email.jeff@mtnconnection.com

To date over **\$118,000** has been donated to mountain area nonprofits by *Your Mountain Connection* through its beneficiary program of articles and monthly cash donations.

next issue • DECEMBER 2023

December theme:
The Holidays

deadline for ads and articles is November 16

Stories are contributed by local residents to inspire healthy living, happy families, and community giving.
Deadline is the 16th of each month. 600 words.
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from the **experts**

Ain’t No Luck To It...

BY DUANE REDFORD

“There is no room for luck in fly fishing.”

My good friend and fellow guide was on an archery elk hunt recently, and his inquisitive mind formulated the question, “Is there luck in fly fishing?” My immediate response was “No,” which he knew was inevitable because he knows how much I loathe folks telling me “Good luck,” as I head out the door to a favored stream. “There is no luck in fly fishing,” I always reply.

Ever been standing in the river with your fly rod under your arm, flies dangling several feet below you in the water, as you dig for the “fly that works”? I’m certain those reading this have been in that situation before and have had a fish eat the fly that is suspended in the current below you. Is that luck? Nope, that’s perfect presentation for that circumstance. The fish that purposely ate that fly did it because the fly mimicked an emerging or swinging fly at the proper depth and speed. No luck to it, really, just a perfect drift for that situation.

I was guiding a client on a small stream west of Denver years ago, and a similar situation occurred. We were in the middle of a great caddis hatch, and fish were rising along the deeper cut-banks of the stream. With a single elk-hair caddis dry fly, my client was pounding the opposite bank with cast after cast. The action was fast and furious. One of his casts was a bit too high and too far and tangled in a bush on the far bank. The leader had wrapped around a branch, suspending the fly about five inches



Lucky? Doubt it!

above the water. With the constant current and a bit of wind, that size 18 elk-hair danced above the water like it was the real deal. Just when I thought I was going to need to cross the river and retrieve it, a ten-inch brown trout jumped out of the water and ate the fly, thus “self-hooking.” The fish splashed around while dangling from the fly that was still firmly hooked to the branch. Luck? Nope, that fly mimicked a real-life circumstance of a caddis fluttering along bankside vegetation, and the fish did what came naturally. Again, it was a “perfect drift” providing for depth, speed, and direction. Sounds goofy, I know, but think about it, it had to be perfect for that fish. I quickly pushed over to the bank and released him.

I could relate other stories that would further my argument that there is no room for luck in fly fishing, and everything happens for a reason or two. Next time you’re drifting your flies through your favorite run and hook up on a fish, realize that what you did was purposeful, fit the circumstances at hand, and was a “perfect drift” with depth, speed, and direction accounted for. Ain’t no luck to it! There’s no crying in baseball and no luck in fly fishing! Fear No Water!

Duane Redford is a Colorado fly fishing guide, author, national speaker, and signature fly tyer for Montana Fly Company. duaneredford.com @flyfishersplaybook

— THE SASQUATCH OUTPOST —
The Sasquatch Chronicles

BY JIM MYERS



“This is without a doubt one of the most dramatic eye-witness testimonies I have ever heard.”

Some time ago a friend up in Minnesota who runs a podcast network asked me if I’d be interested in adding a podcast of my own to the six or seven other podcasts already on the network. I gave it some thought, and decided that it sounded like fun and told him I was IN. The network is called “The Untold Radio Network,” and we now host 12 podcasts altogether, ranging in topics from Bigfoot, to Aliens, to strange stories from around the country. I’ve enjoyed hosting the podcast, though it can be a challenge to find the right guests every week. We’re now up to episode 35, and I’ve had some amazing guests with unbelievable stories to tell.

One story that I heard (but haven’t been able to schedule yet on the show) is of a woman who owns vacation property in Summit County, while she and her family live in Aurora. One night several years ago they’d been up at the cabin during the month of January, and around 9 pm they set out for the drive back down to Denver via the Eisenhower tunnel. They were both driving Ford F350 trucks: Her husband was ahead of her, driving alone in his truck. She followed behind with her three boys in her truck (teenagers), one of whom was awake in the front seat chatting with his mom. Her phone rang and her son picked it up and said (slightly confused), “It’s Dad?!” “Put him on speakerphone,” she replied. Her

husband came on immediately, literally yelling into his phone, “Hit the brakes! Hit the brakes!” Not knowing what was going on, she slammed on her brakes just as she was coming out of the tunnel—barely missing a huge Sasquatch as it sprinted across I-70, vaulted the concrete barrier, and ran full speed straight towards the sheer vertical cliff on the north side of the tunnel. It was dark in color, and its hair glistened in the moonlight. To say the least, this experience rocked them to the core. Given their state of mind after this near-miss, they felt it was wisest to pull off the highway to regain their composure before continuing towards home.

This is without a doubt one of the most dramatic eye-witness testimonies I have ever heard, and it is backed up by three very credible witnesses. So the next time you’re driving over Loveland Pass late at night and in the snow...keep your eyes peeled for one of the “other” Colorado residents who inhabit the peaks and crags of the Colorado Rocky Mountains.

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

— EVERGREEN HEALTH INSURANCE —

Medicare Changes in 2024

BY ED REGALADO

‘Tis the season for choosing next year’s health insurance plan! Lots of changes are happening next year, and you are going to want to know about them!

The biggest changes coming in 2024 will affect Medicare beneficiaries. If you have a Medicare Advantage plan, you know the Annual Election Period (AEP), which is the time of year to decide if you’d like to keep your current plan or switch to another one, started on October 15th and ends December 7th. Most years, changes are few and often for the better. This is not the case for 2024. This year, it’s important to review the Annual Notice of Change and check out the changes to your plan for 2024.

AEP is “hunting time” for marketing groups that advertise Medicare 800 numbers on TV. The folks at the other end of the line have one agenda, and that is to get permission to collect your personal information and persuade you to change your Advantage plan. All plans are changing next year, they vary a great deal, and these folks will find a plan with features that positively compare against the plan you have. What they don’t tell you is what you may be giving up for their suggested switch. Since they only make money by either selling you a new plan, or selling your personal information to third parties, they can be very persuasive.

My suggestion is to reach out to your local broker, rather than an 800 number, and schedule a phone or in-office appointment prior to December 7th. If for some reason you miss this deadline, there is an Open Enrollment Period that starts January 1st and runs until the end of March.



“Our services are free to you. Give us a call!”

So, what’s changing? The most impactful change for seniors will be how prescription drugs are covered in 2024. The changes affect everyone in some way, and they are too complex to break down here, but the following summary will give you an idea:

First, there will be 11.5% fewer stand-alone Medicare Part D plans to choose from in 2024, and the average premium will increase by 21%! Additionally, 85% of all stand-alone Medicare PDPs will now have a deductible as high as \$545. The good news, if you can call it that, is the catastrophic coverage phase will be eliminated. So those who have high drug costs won’t pay more once they enter this stage.

If you’re on an individual plan through the exchange, Open Enrollment started November 1st. Your carrier should have notified you by now of any changes coming to your plan in 2024. If you still like your plan, you don’t have to do anything, and it will be automatically renewed with the new premium January 1st. We can help if you’d like to make a change.

Sifting through health insurance options gets confusing! When you use a local broker, you’re working with someone experienced and personally connected to your community. Plus, our services are free to you. Give us a call!

Ed and Dana Regalado are certified brokers. Their office is located at 27945 Meadow Drive, Evergreen, CO 80439. They can be reached at 303-674-1945 or send an email to: edregalado46@gmail.com.

— BUFFALO PARK DENTISTRY —

Tooth Replacement

BY ALEX ROBERTS

Do you have a missing tooth that you have considered replacing or one that you have forgotten was missing or don’t think really needs to be replaced? There is a saying that losing one tooth is a step closer to losing another because of the potential domino effects that can happen as a result. The benefits of replacing a tooth include keeping your teeth and jaw aligned, and preventing periodontal disease and infection. There are multiple ways to replace a tooth or teeth, and dental implants are commonly the best option.

Like many things, the history of dental implants dates back to ancient cultures, and records indicate that the replacement of teeth with fragments of shell and stone implanted into the oral bone dates back to 600–800 AD in Latin America. Dental implants had advanced since these primitive solutions, but it was not until the 1950s that Per-Ingvar Branemark, a Swedish medical doctor, accidentally discovered that titanium implanted devices could safely integrate into bone. In the mid-1960s, dental implants began a stronger clinical presence in how we treat missing teeth.

The success of modern dental implants is due to the process known as osseointegration, or the growth of bone onto the surface of the implant. If an implant is placed into bone, the normal process of traumatized bone is to repair itself, and thus new bone grows onto the surface of this implanted device. One of the disadvantages of dental implants is the longer time it takes to replace a tooth or teeth. Typically, the process of replacing a tooth with an implant



“Dental implants might be the answer!”

occurs over a period of several months, up to a year or more, because of the time it takes for bone to heal and mature on the surface of an implant. This is also why dental implants are consistently so successful and permanent, because they are essentially becoming an integrated part of your body.

So what can we accomplish with dental implants? Because we can place a dental implant into an area of sufficiently healthy and abundant bone, there are many options of what we can accomplish with them. Most commonly, we replace a single missing tooth. An implant is placed into the area where the previous tooth root was, this is allowed to heal for a span of weeks to months, then a crown is placed onto the implant. If numerous teeth are missing, we can also place multiple implants and replace these teeth with a fixed bridge or full denture that is secured to the implants. If you have a denture that is loose or that you wish stays in your mouth better, implants might be the answer! So whether it is replacing a single tooth, or every tooth, implants can be an essential solution to restore many dental situations.

If you have any questions about whether dental implants are right for you, your dentist can help navigate your specific situation.

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from the **experts**



— EVERGREEN ANIMAL HOSPITAL —

How to Keep Your Pet Comfortable During Holiday Travel

BY DR. JULIANNE SUAREZ, DVM

Many people and pets travel to visit friends and family during the holiday season. Cats and dogs often experience significant anxiety while traveling. Luckily, there are many ways we can reduce their stress.

For dogs and cats, positive reinforcement and conditioning to travel conditions will greatly reduce their anxiety. For example, acclimate cats to their carriers ahead of time. This may take months or days, depending on the individual. Treats, a warm blanket, or a cat pheromone spray will make the carrier more comfortable. Pheromone calming collars for dogs may help with plane or car travel. Another tactic for road trips is giving plenty of treats while slowly increasing time increments in the car.



“There are many ways we can reduce their stress.”

For dogs, adequate exercise before travel will help tremendously to reduce their anxiety. A long walk or playtime the morning of departure, or even the day before, will go a long way. Always bring lots of treats to increase their focus and response to your cues and training techniques.

Lastly, if training techniques are not sufficient alone to keep your pet comfortable, there are prescription medications to reduce travel anxiety. Trazodone, gabapentin, and/or acepromazine reduce stress and provide sedation for pets.

Contact your veterinarian at Evergreen Animal Hospital for more information on how to keep your cat or dog happy this holiday season!

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VALOR

— ROOF AND SOLAR —

OWNING BEATS RENTING

“Most people don’t think of their electricity as something they can own.”

Remember buying your first house? It may be thousands of miles away from you or the place where you’re reading this article, but your first house represents way more than just a place to live. It represents hard work, dedication towards a goal, betterment of your current standing, and planning for the future.

There is a reason family and friends celebrate when you buy a house, because you just made an incredible step towards a better life. Whether you bought your home as a fixer-upper or as a turnkey new build, one thing is for certain...owning is much better than renting.

Most people find their brain immediately jumping straight to owning a house or a car when it comes to owning something, which is exactly why I am bringing those examples up. Most people don’t think of their electricity as something they can own. In this article, I’ll be discussing the similarities and differences between buying a house and going solar, owning versus renting, particularly when it comes to your electricity, and why homeowners all over our gorgeous mountainous state have already made the switch to the better option.

When you bought your first house, it was likely a very involved process. It probably began with you getting in touch with

a mortgage broker and a local real estate agent. Sure, you can buy a house without any external help, but it is much better to have the details of such an important acquisition be explained thoroughly by a professional. So, you elected to go through a professional to coordinate and assist you through this major financial move, making the process go smoother than it likely would have had you done it yourself.

Once you found the house you liked and got your offer accepted, that is when things really started progressing. However, there was still a lot of work to be done before you got the keys and moved in. Anything from inspections to repairs can all take place in that time, but you knew what awaited you at the end of that process: FREEDOM!

The process I just described is nearly identical to making the switch from renting your electricity to owning your electricity. With solar, you want to work with a professional who has a firm grasp on the intricacies of the solar industry and utility structure in your particular area. You have worked hard for years, you’ve been diligently saving your money, you’re looking for a safe way to significantly improve your financial standing, all in an effort to build a better future for yourself and obtain every ounce of independence you can. You already own your home

and your car as well, so there isn’t too much more for you to own, right?

Let’s look at what you use more frequently than your car and as often as you use your home, your electricity. We use more electricity than most of us realize. When your alarm clock goes off in the morning, when you heat up that Hot Pocket, when you watch TV at night, those are all charges on a running tab that you have with your electricity landlord. Keep in mind, that is just one day. Now think of it blown up to a year, or five years, or twenty years. You’ve been getting nicked and dined for that entire time with seemingly no recourse. This is because you rent your power, which provides you no control. You are also paying an 18% to 25% increase in the price of electricity every year. By owning your power, you now have control, just like you have control over what color your mailbox is or how your landscaping is done. Instead of ever-increasing rates with no equity, wouldn’t it be nice to have control over the one thing you use more than almost anything else? Your cost of electricity will never go up again and will eventually go to zero.

You did it with your housing. One of the best things about ownership is the options it affords you. Even if you only plan to live in a home for a year, that’s a year’s worth of

equity you’ve built towards your next home. Same goes for solar. Houses with solar sell faster and for more money than regular houses. Who wouldn’t want a house with a zero electric bill? Every time electric rates go up, your solar home becomes more valuable.

If you had listened to all the negatives of buying a house, you’d be sitting in a rented apartment at \$1,800/month right now, wishing you would’ve bought that one house all those years ago and locked in a monthly mortgage. Instead, you steered clear of the path with the least resistance and took a huge step towards a better life. Whether you knew it at the time or not, that move was substantial toward providing you the life you enjoy today.

Just like with buying a house, there are tons of ways you can talk yourself out of solar. I challenge you to be curious about solar, be inquisitive about it. Thousands of people (myself included) are enjoying the immense benefits of owning their power because they approached solar with curiosity and were rewarded. Look at solar like your last shred of available independence, and you’ll be rewarded too.

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— ON THE MOVE FITNESS —

Getting in Shape for Winter Fun!

BY DEB BROWN, NSCA-CPT, CNS, CWC

We just had a gorgeous fall day! I got out for a lovely hike at Staunton State Park this morning, soaking up the beauty. I love getting out early on the crisp mornings we've been having. The crisp mornings make one think of snow and winter sports. Many people hibernate all winter as the days grow shorter. If you get used to the colder weather, winter offers a great opportunity to enjoy Colorado's splendor. Plus, it's just fun to go out and play in the snow! Hopefully, you can continue to fully enjoy all that Colorado has to offer by staying active throughout the next several months. Here are some great ideas to help you get and stay fit for winter activities:

Build a foundation of fitness. 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. 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 and 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 pre-season, you will have a strong start and 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.

Get out in the cold. Start now, while it isn't too cold out there yet. Get out walking, hiking, snowshoeing, running, or whatever you like to do when it is cooler. Get used to the cold weather so when you start participating in your favorite winter sport, your body is more capable of handling it.

Fuel your body correctly. Make sure you are eating healthful foods to support your body's need for energy. Limit alcohol the night before a big day in the mountains or on the trails, and make sure you eat a good breakfast! Carry healthy snacks when you are out doing your activity so that you can maintain energy, and don't forget to stay adequately hydrated.

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



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A Skeptic's View

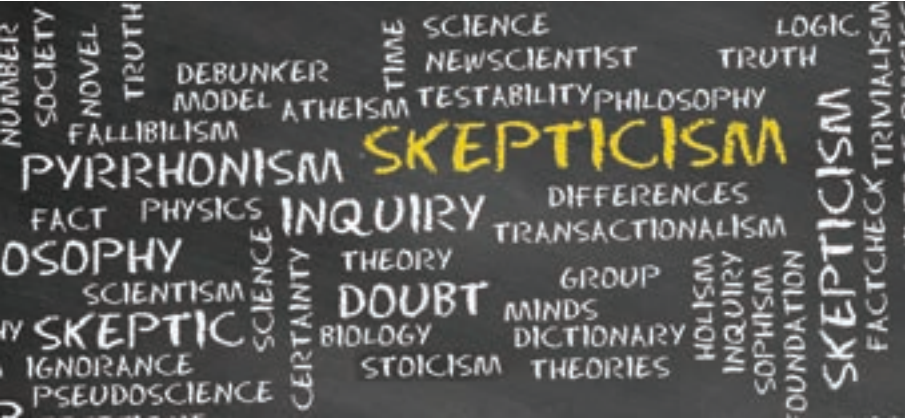
Why is it so hard to get a good burger?

BY GARY LOFFLER

When I started writing this column a few years ago, I never thought I would win a Pulitzer; still, a nomination would have been nice. In order to further that goal, I have decided to tackle one of the burning issues of our time: Why is it so hard to get a good hamburger?

In the last year I have occasionally gone out for a dinner at fairly nice restaurants and ordered my go-to meal, a burger and fries. (I will skip the long explanation as to why this is my go-to dinner. Suffice it to say that I have my reasons.) Three times I have been served a poorly-prepared burger. I have come to accept the fact that few places make fries directly from potatoes anymore, but messing up a burger? How?

For a reference point, here is how you make a proper hamburger. Start with about 1/3 pound of 80/20 ground beef. Form this into a ball and then lightly press it down to about a one-inch patty. Season liberally with salt and pepper on both sides. Heat a cast iron frying pan over a medium-high heat. Add a little bit of high-smoke-point oil and then place the burger in the pan. Use a spatula to lightly press the meat down to ensure good contact with the pan. Leave it alone for about three minutes, then flip the burger, letting it cook for another two minutes. (Times vary depending on how well done you like your burger.) Sharp cheddar cheese can be added at the time of the flip. Covering the pan will help melt the cheese. Serve on a whole wheat bun with lettuce, tomato, onion, and dill pickle.



“I have come to accept the fact that few places make fries directly from potatoes anymore, but messing up a burger? How?”

Of course, this brings up the first problem. How I like my burgers cooked is not necessarily how everyone likes them cooked. I could argue that they are wrong and insist my way is the best way, but that has never been the goal of this column. You should be able to get your burger cooked and served the way you like it. Cactus Jack's is a fine example of a classic American burger done right. This is my current gold standard for a burger, and the aforementioned restaurants fell far short of this standard.

In all three cases of bad burgers, I was in middle-of-the-road restaurants. One in particular looked like they had spent a couple hundred thousand dollars on the décor with high ceilings and exposed ductwork. A great deal of thought, time and money went into making the place look a certain way, and the food seemed an afterthought. The items offered on the menu were essentially the same as you would find at any similar place, and all were straight off the Sysco website. To

be fair, this menu is what most people expect when they go out to a mid-priced place serving American food. The foodstuffs that Sysco provides are often ready for the oven (or more commonly the deep fryer) and require only basic levels of kitchen skills; still, they do require some skill.

Let's look at this problem from a semi-scientific point of view. The immediate cause of the bad burgers in all three cases was improperly cooked patties (one cooked but not seared, one cooked too long at low temperature, and one unevenly cooked with very rare bits). So we start with the problem being the cook. In all three cases, the person at the grill presumably had all the tools they needed to make a decent burger, but failed. The quick answer is to claim the chef is bad and needs replacing and, while this may be true, there may be other reasons. I would guess that for one place, burgers were not the owner's personal favorite and were therefore prepared indifferently. Another

place was fairly new, and the owner had spent lavishly on the physical plant while ignoring the kitchen and menu. If the owner doesn't care about the food, why should the chef? The third seemed like it offered food begrudgingly, as if the owner knew they did not have much of a lunch crowd and staffed accordingly. This leaves us with one owner who wanted a really nice place with food, another who did not particularly care for burgers, and one needing to save money.

I would like to think that anyone opening a restaurant is going to look at the kitchen and menu first, but this is clearly not the case. We have fast food chains that are nationwide and provide essentially the same quality of food everywhere and are successful because of it. Carl's Junior (Hardee's out east) or Burger King would have provided a better burger than my three examples at less cost. These franchises have detailed instructions and requirements for every aspect of running a restaurant so that the food is the same everywhere. That is great sometimes, but it lacks any regional variation. While this is expected at a fast food place, I find it discouraging that restaurant menus in Michigan look so similar to those in Denver.

To put a skeptic's spin on this "problem," I would just remind you that "popular" and "best" are rarely the same thing. Sometimes a restaurant is popular not because the food is great but because the location is, or the ambiance is nice, or the bar is stocked with 100 different types of beer. I choose a place to eat based on quality of food, but as a skeptic I know many other people do not. Lots of people are indifferent to food, and many only eat from a small sub-set of available cuisines. To answer my own question as to why I can't find a good burger, it is because food is, ironically, not the main thing many people look for in a restaurant.



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Gratitude

BY LISA PLUMMER SMITH

“We have individual strengths and weaknesses, and we all bring something unique and wonderful to the world.”

November is about gratitude and giving thanks; for me, it is somehow grounding, like coming home. It’s a time of sharing, gathering with family and friends, and for many of us the beginning of a busy period. Be intentional, know when to say no, and set and maintain limits. Many events and obligations sometimes drain us. First rule of the holidays should be self care and mindful activities to help us cope and thrive.



Traditions like decorating the house for holidays, listening to special music, watching certain movies, baking, cooking favorite dishes and spending time doing holiday activities bring me comfort. Memories flood as I unpack handmade decorations that my daughter made over the years, images that I treasure to relive over and over in my mind—golden moments.

Spending time, the giving of our time, is perhaps the greatest gift we can give. Being present and mindful, engaged in the moment when spending time together, is so fulfilling. Live in the moment, free yourself from everything else going on in your life and give the present your full attention. Living in the mountains, we get to know our neighbors. With many of us living far

from our relatives, family becomes who you love and connect with. The people we surround ourselves with, to live our lives and celebrate life with, they become our family. We take care of each other, we check in and stop by to visit. We are all just doing the best we can. We each face our own struggles that we may or may not show. We have individual strengths and weaknesses, and we all bring something unique and wonderful to the world. Showing kindness and offering help to someone may make a huge difference in their day or life. It will make you feel good, too; that is how a wave of positivity works. For those of us who perhaps find the holidays are difficult, have you heard of glimmers? The concept of glimmers is that recognizing small, positive moments over and over can begin to shape our brains. This shift to recognizing the bright side can have a beneficial impact on our mind and health. These happy glimmers and being mindful of them can boost our well-being. This concept embraces looking on the bright side, or seeking the positive. When we train our minds to take note of things, positive or negative, it has an impact. The more we consciously direct our mind to search for glimpses of positive, natural beauty, captured moments you happen to observe, good things happening—the more you notice them. Try it! Use the good dishes, make the special meals, dress things up and be festive. Consciously choose joy, and give yourself permission to enjoy the season. Now is the

time to live and thrive! Practice self care, delegate, ask for help and pace yourself. Try not to take on too much, and set reasonable limits. Rather than having expectations, visualize positive moments; you may be pleasantly surprised. Soon we will have snow cover and be seeing ice fishing on the lake. Christmas decor will go up and the bustle begins. Be present for all the magical moments of the season and take good care of yourself; you deserve it!



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Penny for your **thoughts**

“We are researching the armadillos that have actually taken up living here in Colorado.”

Juba’s Surprise

BY PENNY RANDELL



Here we go...have I, Juba, a surprise for you! We are researching the armadillos that have actually taken up living here in Colorado. As a newcomer to the area, they have been seen in the eastern part of the state. The name “armadillo” refers to any of the various armored mammals found mainly in tropical and subtropical regions of Central and South America. So, what are they

doing here? Well, these critters, who belong in the family Dasypodidae, have greatly expanded their territory, being found in Texas in the early 1800s. There are 20 armadillo species belonging to this family, the only family in the order Cingulata. The anteater greatly resembles the armadillo, for it, too, sports an armored body with scales. But they are found in a different mammalian order and don’t live in the New World. Most of these 20 species of armadillos inhabit open grasslands, with some occupying forests. All armadillos possess a set of plates, called a carapace, that covers the entire body. This hairless covering includes the head, and in most species the legs and tail. The carapace is made of bony, transverse bands covered with tough scales that are born of skin tissue. Named for the number of movable bands, there are three, six and nine-banded armadillos. The nine-banded species is the only armadillo found in the United States. This scaled mammal is brownish in color with strong, curved paws and basic teeth that lack enamel. Size varies greatly. Including the tail, the nine-banded armadillo that lives

here measures about 30 inches long, whereas the pink fairy armadillo of Argentina only measures 6 inches long. The one that blows everyone away is the endangered giant armadillo, which can be as much as 5 feet long, weighing up to 66 pounds. No worries, for this guy lives in the Amazon basin, far from Colorado. An armadillo can live alone, or in pairs or small groups. They are incredible diggers that emerge from their hidden burrows primarily at night. They usually spend daylight in these burrows that can measure 20 feet in length, at least 5 feet under the ground, and have as many as 12 entrances. They can accommodate other animals, too. Originally, the burrows are dug to match armadillo size and weight. Because of such habits, armadillos are considered pests in many human developments. In various regions of South America, they are captured and eaten for their meat. The common nine-banded armadillo is used in leprosy research because it is naturally susceptible to the disease. This research is crucial, for the microbe that causes leprosy does not grow in laboratory culture media.

The timid armadillo scurries into his burrow when threatened. If caught, they draw in their feet so their armor touches the ground. Their underparts are extremely vulnerable, and the three-banded armadillo species can roll into a solid ball, curling up into a human hand. Once inside their burrows, some species arch their back plates to the point of wedging themselves inside their home. When this happens, they are impossible to pull out. The pink fairy is one intelligent creature; it appears to be truncated, and the rear is vertical and is used to plug their burrow. Even though they are typically short-legged, they can run, burrow, or claw at attackers. When startled, the nine-banded species can jump straight up into the air. If captured it may play dead, stiffening or relaxing, and be perfectly still, or it may kick wildly. If the armadillo encounters a body of water, it has two options. Because of the dense carapace it cannot float. But it can walk through water, holding its breath; or it can gulp enough air into its digestive tract to make itself buoyant and swim away.



THANKSGIVING

BY ANNE VICKSTROM

“We live here because we want beauty, a little distance, and mostly, really nice people in our lives.”

When you live in our mountain community, Thanksgiving doesn’t happen on one particular day at the end of November — it happens every day of the year! Or, it should.

A friend told me that when out-of-town relatives came to visit, as they looked around our community they said, “You live in a national forest!” Yep. And we’re a little bit cocky about that too! Yeah, yeah, yeah, we have state parks and open spaces about every ten minutes when you drive across our mountain communities. Look out for elk, deer, and now moose, and look a little harder for the bobcats, bears, fox, mountain lions...shall I go on? Oh, wait! Look up and see falcons, hawks, woodpeckers, hummingbirds, and eagles! Then there are the ponderosa, spruce, pine, aspen and...Get into the flora and go wild (no pun intended). Columbine, lupine, fireweed, Indian paintbrush, scarlet gilia...Oh, my heavens—what a place to live! There really is no need to go elsewhere for beauty and adventure, but living in our mountain community puts us smack in the middle of some other incredible sites that people across the world save to come visit only once. We have these awesome spots at our fingertips! The Great Sand Dunes National Park is just under 200 miles and a 3½-hour drive from this publication’s



home. Where else can you see a creek appear and disappear like the Medano Creek? No need to travel to Egypt—we’ve got our own dunes! People from around the world flock to Rocky Mountain National Park, only 79 miles up the road. Breckenridge? 67 miles. Vail? 83 miles. Steamboat? 142 miles. Want to get to another part of the state? Durango—a smidge over 300 miles—what’s 5½ hours when you’re enjoying the view? Telluride and its Box Canyon? Even less of a smidge over 300 miles. Want to enjoy the “best wine festival” by USA Today? Head to Palisade, just 3½ hours driving along the beautiful Colorado River! Only 12 miles farther west you’ll arrive in Grand Junction, entry to the Colorado National Monument and a really cool art community! Indeed, we live in a gorgeous place, but there is another element to our home that

has nothing to do with the great outdoors. We don’t suffer crowds. (Oh, stop. Yes, the construction around the lake slowed us down, a lot, but they really moved quickly!) I had a job for three years that I loved, adored, wanted to do for the rest of my life, that I quit because I HATED DRIVING IN DENVER TRAFFIC. I found myself in Strasburg in the morning and Thornton in the afternoon. Yuk! I was screaming words I don’t say. The stress and pressure of all that traffic ruined my day—so I came running home to Evergreen. If I have to wait 2 minutes to get onto the main road, it’s a rough day. I have never had to walk across the entire parking lot to get into the grocery store. We’ve got all we need up here, from hammers and nails to art galleries and gorgeous furniture and clothing. Don’t feel like cooking? Choose from a full range of wonderful fare.

The best part of living in our mountain communities? Each other. I dropped into my favorite grocery store the other day and spent 15 minutes chatting with one of our talented artists who lives among us. A little while later, I saw a friend I hadn’t seen in years and we talked over 30 minutes. We would have gone longer, but another friend came by pushing his cart and that conversation went five minutes and sent us on our way. A quick hug and a chat only added to my time near the eggs, and as I left, my (and everyone’s) favorite cashier called out my name and wished me a good day. In each community there is a common denominator of why people live there. Ranching, farming, skiing, education, technology—different interests bring us together. What I most love about living in our mountain communities is that we get a mix of it all. We live here because we want beauty, a little distance, and mostly, really nice people in our lives. So this year, on Thanksgiving Day, I’ll be thankful for family, friends, health and happiness—but I’ll try to remember for all the other days to be thankful for my life in this community.

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.





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Holiday Fun!

BY NANCY JUDGE

Now that Halloween is past, it is time to look forward to the holiday season and all that our community offers. There is a good chance I will not remember everything, so be sure to visit evergreenchamber.org/events for the latest information.

The Chamber kicks off the holiday season with our annual business awards called **Sparkle and Shine: A Night with our Stars**. It will be held at Hiwan Golf Club on Saturday, November 11, from 6–10pm. Title sponsors for this event will be Caldwell Insurance Agency and 1st Colorado Roofing, affording us the opportunity to provide roving entertainment throughout the evening and music for dancing.

If you are not able to join us for this awards night, please visit downtown Evergreen for the **November Second Saturday** on the 11th, when the shops will be open later and will be offering holiday treats.

Start your Thanksgiving by going for a 5K run with **EChO's Annual Turkey Trot**. Costumes are encouraged for this fun

community run/walk. Later that day, don't eat alone. Join in on the fun at Cactus Jack's for a free turkey dinner with all the fixings and sides beginning at noon until the food runs out. Open mic night begins at 7 pm.

Santa Breakfasts are each Saturday from November 25 through December 16 from 9:30–11:00 am. A different restaurant is the host each Saturday morning, and tickets in advance are required. Troutdale Tavern will host on November 25th, Lariat Lode on December 2, The Woodcellar on December 9 and finishing up the season at The Wild Game on December 16. Tickets went on sale on November 1, so don't delay, as tickets do sell out.

Come back next month for all the December fun!

Follow us on Facebook, visit EvergreenChamber.org, or call us anytime 303-674-3412.



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Conifer Chamber Ribbon Cuttings and News



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Attention All Holiday Enthusiasts!

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

The Conifer Area Chamber of Commerce cordially invites you to Christmas in Conifer, a heart-warming celebration of all things festive! Get your calendars out and mark down two events that will have you grinning from ear to ear.

First up, the Festival of Trees on November 17th and 18th, where you'll be whisked away by the twinkling lights, Santa himself, a holiday market, and a night-time gala. Then, get ready to be dazzled by the 40th Annual Christmas Parade on December 2nd, a magical jamboree of music, lights, and non-stop holiday spirit. These are the moments that make Conifer shine during the most wonderful time of the year!

Festival of Trees
Open to the public with a silent auction benefiting the Conifer Area Council
November 17, 5–7 pm
November 18, 11:30 am–3 pm
Santa will greet your furry friends 3–4 pm

Festival of Trees Mountain Gala
November 18, 3:30–7:30 pm
The Barn at Evergreen Memorial Park
Visit GoConifer.com to purchase tickets

The 40th Annual Christmas Parade
“Flashback to the 80s”
December 2, 10:30 am–4:30 pm
On Sutton Road

Beth Schneider
Executive Director
Conifer Area Chamber of Commerce

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



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

www.goconifer.com





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CALENDAR OF EVENTS

November 1
Bootstraps Scholarships & Loans invites you to **Sips for Scholarships** at The Bistro at Marshdale, 27376 Spruce Lane, Evergreen, at 6:30pm. Bootstraps helps mountain-area graduating high school seniors pursue their educational dreams through scholarships and interest-free loans. **BootstrapsInc.org** or call Colleen Skates at 303-709-9028.

November 1–12
Nevermore: The Imaginary Life and Mysterious Death of Edgar Allan Poe will be performed at Center Stage Theatre, 27608 Fireweed Dr., Evergreen, weekends through November 12 (Fridays/Saturdays 7pm and Sundays 2pm).

November 2
The first Thursday of each month, **Ovation West Performing Arts presents Classic Movie Nights** with films from the 30s, 40s, 50s, and 60s and “The Sounds of Silents,” film classics from 100 years ago, accompanied live on piano by Patrick Lee. In November enjoy *Angel and the Badman* (1947), starring John Wayne. Each showing is free to the public. (Donations gratefully accepted.) **ovationwest.org**

November 2
Dine for a Cause, 4–8pm at the Evergreen Bread & Cocktail Lounge located at 1260 Bergen Parkway, Suite C-220, Evergreen. Join us for happy hour or dinner and help raise funds for Mount Evans Home Health Care & Hospice. 10% of proceeds will be donated to support the nurses, therapists, and social workers who go into the homes of community residents and provide home health, palliative, and hospice care whenever it is needed. **www.breadlounge.com**

November 2
Connections & Cocktails, 4:30–5:30 pm, at The Bistro at Marshdale, 27376 Spruce Lane, Evergreen. Join new Members, ambassadors, and seasoned members alike to network in a casual setting. **evergreenchamber.org**

November 9
STAND UP Comedy Night at the Evergreen Lake House. Doors open at 6:30pm, comedy sets begin at 7pm. Ages 21+, \$20 at the door or online.

November 9
Monthly Chamber Mixer at the Alpen Way Chalet, 4980 Highway 73, Evergreen. Members \$5, Not-yet Members \$10.

November 11
Join us in Downtown Evergreen for **Second Saturdays** from 4–7pm, every second Saturday of each month. This event is a FREE monthly sip & shop event. You’ll find the evening filled with shops and galleries open late and serving sips and nibbles.

November 11
Sparkle & Shine Annual Business Awards and Gala, 6–10pm. Join us for a night of celebrating our stars at Hiwan Golf Club located at 30671 Clubhouse Lane, Evergreen. Celebrate our amazing businesses, owners, and non-profits. Black-tie encouraged. Event sells out, purchase your tickets early.

November 18 and 19
Purely Patsy, Saturday, November 18 from 7:30–9:30pm; Sunday, November 19 from 2:30–5pm at Center Stage, 27608 Fireweed Drive, Evergreen. Evergreen native Kelley Zinge performs a critically acclaimed Patsy Cline tribute concert. **ovationwest.org**

November 23
13th Annual EChO Turkey Trot, 9–11am at the Church of the Transfiguration, 27640 CO-74, Evergreen. Together We Can STEP UP to STOMP out HUNGER! Register online or pick up forms at EChO Resale or the Food Bank. **evergreenchristianoutreach.org**

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



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

November 1
Day of the Dead Sound Circle 5:30–6:30pm. The veil is thin and this sacred time will allow us to connect with and honor the spirits of those that have passed. Bring your treasured memento, photo, or trinket that symbolizes your departed loved one(s). Brenda will encircle the group in sound healing as we simply allow connection with the energies and any personal messages to be received.

November 8
Restorative Singing Bowls 5:30–6:30pm. Join Carrie and Brenda for a special collaboration of Restorative Yoga while being immersed in a transformative vibrational meditative sound bath. It is a limited number of relaxing asanas (poses) held longer than those in a yoga exercise class. The use of folded blankets and bolsters support relaxation and reduce stress in

poses that are done without stretching and muscle contracting work. Sensation is integrated with mindful intention to enliven energy centers and internal wisdom.

November 15
Dru Yoga 5:30–6:30pm. Dru has a focus upon maintaining a healthy spine, through activation movements in the beginning of class and throughout a Dru session. A typical Dru Yoga class includes Energy Block Release Sequences, classical Asanas (yoga postures) Pranayama (breath work), Mudras (gestures), positive affirmations, and also empowering visualizations. Dru classes are tailored to the student and their individual level, which makes it great for everyone!

November 22
Women’s Circle 5:30–6:30pm. Expand your circle and connect with others in a safe space. Activate your creative power to align with your feminine presence that attracts the situations and relationships that you desire. Sabrina will share powerful practices to embolden you to show up in life to be seen and heard.

November 29
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.

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.

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LOVE AND GRATITUDE

BY FRANCESCA ARNIOTES



As it is the time of the year when we are supposed to reflect on our blessings and give thanks for making it through another year, I would like to propose a toast.

To friends of Castles and Kitchens, old and new, who have put their trust in us to make a birthday, anniversary or visit from far-away friends special with a cooking class, thank you. We are honored that you chose us, and we are delighted to have shared in your special celebration.

Equally, we love that those of you with kids who get a date night once every six years or so have decided to relax in our kitchen, finishing the evening and that last glass of wine holding hands at the bistro table outside.

We have loved the wine clubs, book clubs, Highway Gals, Purple Hats, Sassy Ladies and all the groups and the individuals who have filled our kitchen with laughter and memories.

To those who have passed on and allowed us the privilege of cooking the final holiday meal for them and their family, we hope you have a seat right in front of the lasagne dish at that big banquet table in the sky.

To our Conifer Marketplace neighbors who have always been kind, supportive and complimentary, thank you for making a nice little community within our nice little community. We love our shop (which is what we call it even though it's a kitchen), always a thrill to drive up to and spend time in, and we thank very much the management who are always responsive and do their best to help us be successful.

We will always appreciate two working kitchens provided for us in a showroom, which gave us a running start. Your generosity will never be surpassed.

And to the members, administration and the ambassadors of the Conifer Area Chamber of Commerce who boosted our business from the beginning with enthusiastic support, encouragement and promotion, thank you.

To our adventurous friends who got us through the pandemic by circling Thursdays on their calendar so they could pick up a travel-inspired dinner, thank you. Extra gratitude for those who appreciated and followed the paired beverage, music, movie and decor suggestions, because that felt to us like being really connected to each other at a time when we were most distant.

To women and men who asked us to teach them to cook, which then made profound changes in their lives, thank you for showing us the value in our work.

To cooking buddies, Capstone project seniors, lovely assistants and servers who provide lively company, insights, and their time and energy for big events and caterings, many thanks. I am saying we and us, but it must be "the royal we" because it is just I writing this; so I thank with all my heart the other part of the we, my business partner, without whom I never would have begun this marvelous enterprise.

To the brides and grooms who invited us to provide the celebratory meal at their weddings and made us feel like honored guests, sharing in the joy of your wedding day is an unforgettable experience. So also is the pleasure of setting out a banquet for 50th anniversaries. Mazel Tov and keep on doing what you're doing.

To those who have walked through the door and become friends, bringing new partners, new babies, news of challenges and triumphs, you are appreciated. Special to us are those who dropped by the shop and managed to find a few moments' escape from one of life's curveballs over a glass of wine, a nosh, and a hug.

To our Live-In-Italy Vacationers, especially the first ones, who took a leap of faith based simply on stories of our personal trips, and helped us create an experience for people that is unique, authentic, fulfilling, even life-altering, you have allowed us to become welcome neighbors, part of the fabric of a rural Tuscan village where roses are still blooming in late October, and to develop valued relationships with our guests.

To the talented ones who designed our elegant website, made stunning videos and photos, and have remained tireless cheerleaders, we have not the words to thank you for your contribution. We are grateful for the gracious replies to our emails and that nobody has unsubscribed. And thank you for the glowing reviews on Google.

To the editor-in-chief and copy editor of this newspaper who trusted us enough to provide a platform to write creatively about food and travel, thanks for giving us our voice.

Let's have a recipe to finish up. Here is a wonderful starter, salad to end dinner, or light meal. The sweet walnuts, tangy cheese, bitter radicchio, the salt and lemon juice combine in a unique way on the taste buds to create a pleasing, sweet-savory flavor.

RADICCHIO, BLUE CHEESE, AND WALNUTS

Remove individual leaves from a head of radicchio or use the elongated Trevisano variety. Cut the round leaves in half lengthwise and lay them out on a platter. Cut your favorite tangy blue cheese into wedges and arrange on top of the radicchio. Sprinkle with walnut halves. Dress everything with a generous amount of your very best extra virgin olive oil, a nice big sprinkle of sea salt, black pepper if you like it, and a squeeze of lemon juice. You can dress this salad 30 minutes ahead.



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Dogs, Dogs, Dogs

BY CATHY KOWALSKI

Separation Anxiety

Separation anxiety in dogs can be very frustrating and stressful for the owner and the pooch. The dog may become extremely anxious, pacing around, panting excessively, destroying furniture, walls, doors, and the list goes on. The dog may howl, bark or whine when there is no one with them. Dogs may also refuse to eat and may have accidents.

If you are starting out with a puppy, you will want to give them the opportunity to learn to be alone. Have them spend time every day in their crate with no one else in the room. You can leave them with a Kong or puzzle to work on until they fall asleep.

When your dog shows some independence and relaxes—those are behaviors to reinforce. Ignore your dog if they demand attention, reward them with attention when they are calm and lying down. You are trying to teach your dog that calm and quiet is how they receive attention. Work on down stays, gradually waiting longer before rewarding them with either attention or treats. If you do ask your dog to stay, make sure that you release them with a release word at the end. I use break—it is short, I don't say it any other time, and it is easily understood.

Create a safe space for your dog to relax, chew on an appropriate toy, take a nap, or just feel comfortable. Never release your dog if it is barking, or whining. Wait, instead, until they are calm and quiet. After exercise is a good time for you to have your dog go to his special place and relax. Take an old shirt, sleep in it, and then place it in your dog's special place; this can help to calm your dog.

When first working on separation anxiety, leave the house for 5 minutes, then come back in. Wait until your dog is calm and then give them attention. Do not give your dog attention when they are jumping on you and being inappropriate. Then leave again, adding a few more minutes.

Have your dog engage in play and exercise before you are planning to leave. You will then want to ignore them for 15–20 minutes and have them go to their special area. If possible, get all of your items needed for the day when your dog can't see you. Don't make a big deal about leaving, no goodbye, or hugs and kisses. You may also want to practice getting ready, grabbing your lunch box, keys, and coat, go out the door and then come back in, so that they don't associate those things with you leaving.

If your dog has made a mess while you were gone, this is not the time for punishment. Dogs must be caught in the act for it to be a teachable moment. Your dog will know you are upset or angry but not associate that their behavior is the cause.

Leaving special treats for them while you are gone that they do not get at any other time may help with their anxiety. This could be toys that are stuffed with treats, Kongs that are stuffed and frozen, toys that they must work on to get the food out of.

Play hide-the-treat with your dog—hide treats around the house and teach your dog to find them by walking with them and pointing them out until the dog gets good at it. When you leave, start them out on the hunt for treats and then quietly leave as they are on the hunt!



www.faithfullyk9.com.

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

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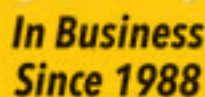
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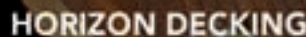
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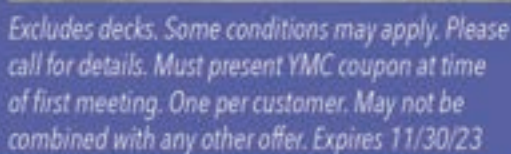
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WE'D JUST LIKE TO SAY
THANK YOU
TO OUR AMAZING CUSTOMERS

BIG O TIRES EVERGREEN
29032 Crossroads Ln
Evergreen, CO 80439

Call or Text us at
(303) 526-1100

Email us: bigoevergreen@gmail.com

STORE HOURS

Mon - Fri 7:00 AM - 6:00 PM

Saturday 7:00 AM - 5:00 PM

Sunday Closed