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News on the Positive Side
DECEMBER 2023

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*Hourglass by Sascha Ripps • www.sascharipps.com
Read about Sascha on page 19*

— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



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Time Travels

Happy Holidays!
Merry Christmas! Welcome to another New Year full of hope and possibilities!

Normally I do an end-of-year wrap-up; however, this time I thought I would start with something a little different. I am bringing you this message from the future. Yes, that's right, this is a little insight into my ability to time travel, so please allow me to prepare you for what 2024 has in store.

First of all, the two major wars dominating our daily news feeds will both come to peaceful ends with minimal further suffering and lives lost. Major influencers in what was happening, through a combination of new insights and new leaders, come to new realizations. Be grateful for that.

Locally, my team and I at Aspen Park Vet Hospital began a hiring spree that includes two new veterinarians and the staff to support them. We have been so excited to get to know, and introduce you to, the amazing new members of our fantastic team! This allows us to serve you more days of the week, more types of animals, and expand our house call capabilities. We are so grateful for that!

In 2024, the ResqRanch made its mark and is a local household name. We have developed a cadre of volunteers, donors, and supporters who understand and support our mission. We touch people's lives, and help more horses, especially mustangs, find rewarding forever homes through teaching people how to build magical relationships with them. All of our animals, and the volunteers who help enrich their lives, are happy and healthy.

Personally, my girls are developing into valuable humans who have much to contribute to making this a better world. They make good friends and healthy choices, are healthy, happy, and grateful for their lives.

“Welcome, 2024, we are looking forward to meeting you!”



My mother and I are getting to do some traveling, as she is still healthy and happy, and has great mobility.

Regarding the community, this year Conifer and Evergreen Chamber of Commerce, learned to work together, and helped to unite the communities, bringing greater quality of life, opportunities, and joy to the people living in both.

Now, no, I can't give you too much more information, or I will lose my privileges; so no lottery numbers, or big sports game winners. Sorry! If you are puzzled by this message from the future, I would just ask you to learn about a concept, written about in books, of “Write it down, make it happen.” Maybe, just maybe, there is some kernel of truth in that concept, and if so, you are welcome! And now, back to reality.

When thinking of 2023, some things this year have certainly stayed the same: Aspen Park Vet Hospital's commitment to its clients, patients, and each other. This year we hired some new, exceptionally talented members of the team, and we are so glad to have them on board. Recently a great employee we miss very much (who left to have a family) came back and shared this was the best job they ever had. That really means a lot. We do have a little something special going on with our

team. Aspen Park Vet is not just a job, it's a family, and I hope you, the clients, feel that when you visit us.

Veterinary medicine has a lot of ups and downs, often almost at the same time. The excitement of a new puppy in one exam room, and the sympathy of helping someone whose pet's time has come to transition in another room. It takes a lot of emotional maturity in order to navigate it. However, it's also extremely rewarding, and I am still grateful every day that I get to be in this space and help people and animals. I am truly blessed and grateful for it all, pets, staff, and clients. It's a wonderful career path.

And I am grateful to the volunteers and supporters of the ResqRanch, who have allowed us to create an ideal facility to rescue more animals, and possibly some people, who are really in need of that emotional connection with another, and who, not finding it in people, find it in an animal. Maybe a horse, maybe a rooster, like Sir Stinky who touched so many lives even to my surprise. He was special, indeed, and I will always be grateful for that beautiful rooster.

In 2023, through a lot of luck, good timing, and the help of many people, the ResqRanch metamorphosed from a run-down, forgotten petting farm, into having

the groundwork ready for a world-class community center and animal sanctuary. It's a little mind-blowing, really, as changes that I would have thought would be years in the making spring to life every day around me and the horses. It was hard to imagine, amazing to watch, and hard to comprehend the dramatic changes. I am overwhelmed, grateful, and looking forward to what the future holds! Thank you!

As COVID gets further behind us, and AI comes in like a tsunami, I have hope for the future for all of us. Since I have no influence (other than writing this) on terrible things that are happening to people in the wars that are dominating our news feeds, I would just say to not forget the millions of people all around the world, suffering; from wars in other countries that have been going on for 30 years and are not even in the news cycle anymore, to the people suffering at borders or from natural disasters, there is much to worry about if you let yourself get too sad about it. However, if you are not in a position to directly influence those circumstances, the best thing you can do, for everyone, is choose to create the most happiness and joy just around you. Be grateful for clean water, warmth, a home, a pet, your freedom. There is so much to be grateful for! And we can choose what we want to spend our energies on; so, pray for those who are suffering, and then choose to be happy and grateful.

Thank you for reading, and supporting us; much happiness, health, and blessings on you all for the upcoming new year. Welcome, 2024, we are looking forward to meeting you! DrQ and the crew of Aspen Park Vet and the ResqRanch

Aspen Park Veterinary Hospital is located at 25871 Duran Ave. Conifer, CO 80433.

You can call the hospital at (303) 838-3771 (838-DrQ1) or visit them at www.DrQandU.org.



Design Service Available

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The advertisement features a collage of images: a gift certificate for Colorado Furniture, a scenic view of birch trees and a stream, a cross-stitch pattern, a close-up of a bison's face, and a rustic wooden door. The text is set against a dark teal background.

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The image displays a bedroom with a black metal four-poster bed, a red and white patterned bedspread, and a wooden dresser. A red circular badge with a white border and a ribbon graphic contains the text 'LOCAL ARTISAN ARTWORK & GIFTS'. To the right, a dining table with a wooden top and a striped bench is shown under a rustic light fixture.

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connection to **the past****COLORADO WOMENS SUFFRAGE**

BY MICHELLE SCHULTEN | CONIFER HISTORICAL SOCIETY

“The best protection any woman can have...courage.” —Elizabeth Cady Stanton

November 7, 1893: Colorado, the referendum on women's right to vote was secured!

Suffrage timeline: From July 19, 1848, to June 4, 1919, when the 19th amendment was passed.

On July 19, 1848, in Seneca Falls, New York, the first Women's Rights Convention was held. Per the Library of Congress, there were 300 attendees, with prominent speakers: Elizabeth Cady Stanton and her husband, Henry B. Stanton, from New York; Martha Coffin Wright, from Boston; Mary Ann McClintock, from New Jersey; and Jane Hunt, from Philadelphia. The two-day convention proposed the “Declaration of Sentiments” for the first time. This document outlined the grievances of inequality from men and the government toward women. The language of the U.S. Constitution was used for the “Declaration of Sentiments.” The document was written by Elizabeth Cady Stanton, Susan B. Anthony, and Matilda Joselyn Gage prior to the Convention and presented by Elizabeth Stanton on the first day of the Convention. On the second day of the Convention it was ratified by the assembly and signed by 68 women and 32 men (one of those men was Frederick Douglass). The majority of attendees were anti-slavery supporters and abolitionists. That Convention started the movement for equal rights for women (at least white women).

On May 15, 1869, the National Woman Suffrage Association (NWSA) was formed and led by Elizabeth Cady Stanton and Susan B. Anthony, believing that suffrage should be achieved nationally through a constitutional amendment.

On November 24–25, 1869, in Cleveland, Ohio, the American Woman Suffrage Association (AWSA) was formed. The AWSA believed that the rights listed in the Declaration should go to the individual states for passage. AWSA was led by Lucy Stone Blackwell and her husband, Henry Blackwell, and Julia Ward Howe. The founding meeting was attended by 1,000 men and women from 21 states, including some of the delegates from the Ohio Woman Suffrage association which had just formed a day earlier. Also in attendance was Caroline M. Severance, also from Cleveland. She was inspired by a talk at a women's rights convention in Akron in 1851 given by Sojourner Truth. Caroline Severance played a major role in the Suffrage movement in Ohio, Massachusetts, and California. She wrote a famous speech that was given many times titled, “Humanity: A Definition and a Plea.”

The National American Woman Suffrage Association (NAWSA) was formed through a merger between NWSA and AWSA on February 18, 1890. After the Civil War there were disagreements over the passage of the Fourteenth and Fifteenth amendments. The Fourteenth Amendment gave all free “males” over 21 the right to vote, and the Fifteenth Amendment stated that the right to vote cannot be denied on the basis of race. This was the first time the word “male” was written into the Constitution.

Previously only individual states had laws restricting voting rights. The leaders of this new association were decided by the delegates. The outcome of the decision was: Elizabeth Cady Stanton as president, Susan B. Anthony as vice-president, and Lucy Stone as chair of the executive committee.

On, November 7, 1893, Colorado became the second state (after only Wyoming) in giving women the right to vote. Many states granted the right to vote to women prior to the Nineteenth Amendment being passed on June 4, 1919; it was ratified and became law on August 18, 1920.

The group that ultimately got women the right to vote in Colorado was the Non-Partisan Equal Suffrage Association. It took 30 years of work by many individuals and groups. Locally those individuals were: Territorial Governor John Evans; D.M. Richards; Territorial Governor Edward McCook; Alida Cornelia Avery, elected as the first president of the Non-Partisan Equal Suffrage Association as well as the first woman licensed to practice medicine in Colorado, in 1874; Governor John Routt; Judge H.P.H. Bromwell; Agapito Vigil; Margaret Tobin Brown (the Unsinkable Molly Brown of *Titanic* fame) and candidate for U.S. Senator representing Colorado, but declined as WW I broke out and she shifted her focus to relief efforts in France; Louise Tyler, head of the Colorado Women's Christian Temperance Union; writers Ellis Meredith and Minnie Reynolds (Reynolds helped to establish the Denver Woman's Press Club, which still continues to this day; she also, as a writer for the *Rocky Mountain News*, contacted all of the other newspaper editors in the state to publicize the suffrage issue, convincing 75% of the papers to grant room in their publications for pro-suffrage information); Helen M. Reynolds (Minnie's older sister); Patience Stapleton, writer for the *Denver Republican* newspaper; physician Mary Elizabeth Bates; African American activist Elizabeth Ensley; Ione Hanna, the first female school board member and the first woman to hold any elected governing position in Colorado; Martha Pease; Grace Epsy Patten; Emma Ghent Curtis; Carolyn Nichols Churchill; plus 10,000 more courageous Coloradoans.

Colorado's history in the suffrage movement seriously began in 1868, when then Territorial Governor John Evans, along with D.M. Richards, proposed women's right to vote, but the Territorial Legislature failed to act on the proposal. One year later, the territory of Wyoming granted women the right to vote, being the first in the United States. The following year Territorial Governor Edward McCook again took it to the territorial legislature, and again it was defeated.

On January 10, 1876, it was clear that Colorado would soon become a state, and the suffragists wanted to be sure that women

would have the right to vote when that happened. So on that day, at the Unity Church in Denver, another convention of the country's most prominent suffragists convened. The conference was held the same day as the soon-to-be state's constitutional convention. The conference was headed by Margaret West Campbell of Massachusetts, being one of the most sought-after speakers on suffrage. This convention formed the first Territorial Woman Suffrage Society, and elected Alida Cornelia Avery as its first president. On February 15, 1876, the Society issued two reports to the legislative convention. One, in favor of granting the women the right to vote, lost in the legislature, even though it was supported by the then Territorial Governor and soon-to-be Governor of the new state of Colorado, John Routt. The second did grant women the right to vote for school board officers. What did come from this was the support of Judge Henry Pelham Holmes Bromwell. Judge Bromwell added a provision to the new state constitution that read, “The General Assembly shall, at the first session thereof, and may at any subsequent session, enact laws to extend the right of suffrage to women of lawful age, and otherwise qualified according to the provisions of this Article. No such enactment shall be of effect until submitted to the vote of the qualified electors at a general election, nor unless the same be approved by a majority of those voting thereon.” (The Constitution of the State of Colorado, March 14, 1876).

In 1877, the Territorial Woman Suffrage Society changed its name to the Women's Suffrage Association of Colorado. The first meeting was hosted by Governor John Routt and his wife, Eliza. Local and national supporters of suffrage canvassed the state prior to the November 1877 Election Day. Resistance to this movement was predominantly from religious leaders, including Catholic Priest Joseph P. Machebeuf. He is quoted as saying, “The class of women wanting suffrage are battalions of old maids disappointed in love.” Again it was defeated two to one, even worse in the southern counties of the state which were predominantly Hispanic and Catholic. Only Boulder voted to pass suffrage. The Women's Suffrage Association of Colorado disbanded.

However, in 1890 they revived because of the influence of Matilda Hindman from South Dakota. They changed their name, removing “Women” from the title to garner more support. The new name was the Colorado Equal Suffrage Organization.

In 1893, they renamed again to the Non-Partisan Equal Suffrage Association of Colorado. The group sent Ellis Meredith to the Women's Congress in Chicago to raise funds and try to get Susan B. Anthony to come to Colorado to give speeches. She declined both money and her services, feeling the timing was wrong. She did provide Carrie Chapman Catt as a speaker. Catt traveled to Colorado, raising funds and helping to create auxiliary suffrage chapters throughout the state. They distributed 150,000 fliers explaining the rights that women would attain by men voting “yes” to suffrage in the upcoming election. It was quoted by the Populist Party, “...it was time to let the women vote, they can't do any worse than the men!” The only vocal

opposition was the liquor industry, fearing the outlawing of alcohol. Colorado was the first state to pass the suffrage law by popular vote on November 7, 1893. The law officially went into effect on January 1, 1894. The first woman to register to vote in Colorado was first lady Eliza Routt.



Colorado Governor Oliver Henry Shoup ratifies the 19th Amendment (women's suffrage) for the state

From the beginning of the suffrage movement in Colorado to the passing of the women's right to vote in Colorado took 25 long years.

SUGGESTED READING:

- *The History of Equal Suffrage in Colorado, 1868–1898.* Copy at the Library of Congress, National American Woman Suffrage Association Collection. <https://www.loc.gov/item/ca21000331/> or from Amazon https://www.amazon.com/History-Equal-Suffrage-Colorado-1868-1898/dp/0548290318/ref=sr_1_1?crid=14JD00S60VMMT&keywords=The+history+of+equal+suffrage+in+Colorado%2C+1868-1898&qid=1694797784&sprefix=the+history+of+equal+suffrage+in+colorado%2C+1868-1898%2Caps%2C127&sr=8-1
- More about the famous Molly Brown (this book is most likely to be a Conifer Historical Society book club choice for 2024): *Molly Brown; Unraveling the Myth*, by Kristin Jensen. Available at your local library, local bookstore, or Amazon (used and new).
- <https://www.nps.gov/wori/learn/history-culture/declaration-of-sentiments.htm> Historical fiction book:
- Stories from *Suffragette City*, edited by M.J. Rose and Fiona Davis (multiple authors)

Additional research or reading:

- The Men's League on Women's Suffrage
- The National Association Opposed to Woman Suffrage. Sources for this document are: <https://coloradoencyclopedia.org/> <https://www.historycolorado.org/learn> <https://constitutioncenter.org/the-constitution/amendments/amendment-xix#:~:text=The%20right%20of%20citizens%20of,this%20article%20by%20appropriate%20legislation.> <https://www.loc.gov/collections/national-american-woman-suffrage-association/about-this-collection/> <https://www.britannica.com/topic/National-American-Woman-Suffrage-Association> <https://mollybrown.org/margaret-womens-rights/> <https://nps.gov/wori/learn/index.htm>

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

— Myrick Howard

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

Learn more at www.coniferhistoricalsociety.org



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I'm Just Sayin'...

December and the Holidays

Jeff Smith owner/publisher

It is such a busy time of year. It is sometimes easy to forget the real meaning of Christmas and Hanukkah. This year it is more important than ever. Let's count our blessings and remember how lucky we are to live in America. The gifts are great, but we really need to spend our holidays cherishing our family and friends.

SHOP LOCAL! It's really important this year to shop local as often as you can. Our local stores and restaurants need our support more than ever. Go out and enjoy the local retail shops, galleries, restaurants, etc.

There is so much going on in the world these days, it is hard to resist getting involved here at *Your Mountain Connection*. Suffice it to say, I think we all know what is right, and we should support those, especially during the holiday season, who have suffered atrocities. Remember who our allies are in the world today.

We are getting ready for Thanksgiving at this writing, and hopefully you were all able to be with family and friends. Now we move on to the hectic Christmas season. Fortunately I have four grandchildren who

will be there Christmas morning and make it all worth it. My other four grandchildren are all grown up and spread all over, one in the Marines! Someday there will be great-grandkids—whew! Not sure I'm ready for that!

We all here at *Your Mountain Connection* wish you all the best of the holidays and hope the new year will be a better one for all of us. Have fun and be safe!

Once again we thank all of our loyal readers, writers, advertisers and my staff for another good year at *Your Mountain Connection*! Thank you!

Broncos – Well, this has been fun. Some nice wins lately—by the defense basically, but still wins. The Broncos are now 5–5 and need a couple more wins to make the playoffs. They still need to control the penalties and get more offense going, but their defense is one of the best, and they have won some big games. GO BRONCOS!

Iowa Hawkeyes – A big win over Illinois this past weekend! Now we go to the Big Ten Championship game for the second time in three years. Who will we play? Don't know yet, but it will be either Michigan or Ohio State. They will play each other next Saturday after we have gone to press. It doesn't matter. Both teams are tough opponents, but at least we got there! Brian Ferentz will be gone next year, so we will have a new offensive coordinator. That will be interesting.

Avalanche – they are playing well. Second in the division with 22 points—one behind the Stars. It's OK, there are a lot of games left, and they are right in there.

Nuggets – Same for the Nuggets! They are ½ game back of first place and playing well. Stay away from injuries, and they should be right there!

Quackadilly says:
"May love and light fill your home and heart at Hanukkah."
—Unknown

"Peace on earth will come to stay, when we live Christmas every day."
—Helen Steiner Rice

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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 • JANUARY 2023

January theme: The New Year

deadline for ads and articles is December 16

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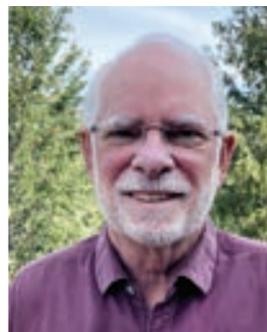
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from the experts

— BUFFALO PARK DENTISTRY —

Your Child's First Dental Visit

BY ALEX ROBERTS

Even though a child's primary teeth, often known as "baby teeth," eventually fall out, that doesn't mean they are not important. Primary teeth play an important role in your child's overall health and development. They serve multiple roles, including allowing for proper nutrition through chewing, assisting in speech development and providing the permanent teeth an ideal path when they are ready to erupt.

The American Academy of Pediatric Dentistry now recommends that a child's first dental visit should occur when the first tooth erupts or by the age of 1. This is because teeth are susceptible to decay as soon as they erupt into the mouth. This may seem like an early time for a first dental visit, but through evaluation and education, the risk of early childhood decay can be significantly reduced.

In the past, dental care was largely reactive, and an issue was addressed when it became a painful problem. Across health-care, we have come to realize the importance and impact of preventive care. We know that if a dental issue is addressed earlier, it is typically easier to fix, less expensive to repair and also less uncomfortable for the patient.

If early dental decay is encountered, we know that this can lead to a lifetime of dental problems, enormous expense and a decreased quality of life, due to the increased risk of adult decay as well. Did you know that using toothpaste by 6 months



"We have come to realize the importance of preventive care."

is recommended? The recommendation between 6 months and 3 years is to use a rice-sized amount or a "smear" of toothpaste.

Some of the other topics that are addressed in an early exam are the assessment of dental risk, guidance to develop good oral health habits and a short oral exam with your child in your lap. And don't worry, if you are thinking your child doesn't stand a chance of not crying during an oral exam, this is actually preferable because it allows for a brief view of your child's mouth.

Things that we evaluate that can increase a child's risk for dental decay include a parent or primary caregiver who has a history of decay or gum disease, lack of exposure to fluoride, including fluoride-deficient (well) water, and poor or incorrect eating and feeding habits. Other things we commonly discuss are "non-nutritive" sucking habits, like pacifiers and thumb-sucking, as well as when to start brushing and how much fluoride toothpaste to use.

The most important part of caring for your child's primary teeth is the example that you help set. Through proper brushing and flossing and early positive experiences, the goal is to develop and maintain oral health that will continue into adulthood.

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— THE SASQUATCH OUTPOST —

The Sasquatch Chronicles

BY JIM MYERS

I am in the (slow) process of transforming all the articles I've written for *Your Mountain Connection* over the years into a book. I'm thinking of calling it *A Bigfoot Anthology*, since these articles really do document the progression of my thinking and opinions about Sasquatch from 2012 until the present. And trust me, my thinking has changed radically since that incredible day in 2012 at the Cutthroat Café, when I sat and listened with rapt attention as Kate Murphy told me the story of her encounter with a Sasquatch.

Until that point in my life, I wasn't SURE that such a creature really existed. But hearing her story that day removed all doubt in my mind. Why? Because Kate had absolutely no reason to lie to me, and she and her friend both saw the same thing (and they maintain their conviction to this day). So in the case of a double witness, close proximity, and a daytime sighting, the probability of mistaken identity is virtually nil.

Of course, since that very first eye-witness testimony, I've probably heard (conservatively) 400 more Sasquatch stories just like that one. But I can honestly say that Kate's story convinced me 100% that day. The fact that people still laugh at the concept of Bigfoot is amazing to me. I mean, how many eye-witness stories does it take to convince a skeptic? 1000? 10,000? 100,000? Eventually, the preponderance of evidence stacks up against the most ardent skeptic, and I have to conclude that this person simply refuses to believe regardless of what they hear, see, or read. In fact, I would go so far as to say that when people continue to scoff in the face of



"Eventually, the preponderance of evidence stacks up."

over 50,000 documented sightings, they are in effect calling all of those people outright liars. Consider this fact: over the past 10 years we have heard stories of Sasquatch encounters from game rangers, forest service rangers, animal control officers, university professors, neurosurgeons...and I could go on and on.

Anyway, I digress. My point in starting this whole monologue was to talk about my upcoming book, which I'm very excited about. The book will contain QR codes with links to video evidence that supports whatever I'm writing about, and much more.

This past weekend I went elk hunting with my buddy Wayne. I'm telling you, we absolutely froze our hineys off! We were sleeping in his pop-up camper, and I think the first night we were out there it got down to 6 degrees inside the camper! It was so cold, the little propane heater we brought wouldn't light. We were camped right next to a frozen reservoir, and the sounds that came from the cracking ice were unlike anything I've ever heard. Unearthly, almost alien-like noises went on day and night. It was an experience, but one I don't want to repeat too soon. And no, I didn't even see an elk, much less shoot one. I talked all about the strange things that happened to us on my last podcast: "The Sasquatch Outpost Podcast" on the Untold Radio Network on YouTube. Live every Tuesday at 6pm MST. Come join us!

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Chilly Today...

BY DUANE REDFORD

The water is a frigid thirty-seven degrees, there's shelf ice extending several feet out onto the river from the bank, anchor ice is present along with a touch of slush from the cold temperatures and short days. You got 'em right where you want 'em. Tough winter conditions call for stealth, patience, and safety.

Years ago I fished with a couple of good friends on the Dream Stream between Spinney and Eleven Mile Reservoirs. It was twelve below when we started our half-mile trek through the crusty snow to the river. We could tell where the river was because of a layer of fog that hung directly above the water. We hustled to the fog bank, and once in it, the temperature wasn't so biting. The water temperature, because we tucked up as close to the dam as possible, was a tepid thirty-seven degrees. Perfect.

Winter fishing is grand. There are fewer anglers for sure, and there's just something about the crispiness that cold brings that I long to experience. Twelve below is the exception to the norm; most days on Front Range blue lines, the air temperatures tickles the forty-degree mark sometime between noon and two in the afternoon. Without wind and with proper layering of clothing, an angler can be downright comfy. You may need to get out every now and then to stomp your feet, but if you fish like I do and move often, you won't even notice cold feet.

Tailwaters are great fisheries this time of year. Flows are consistent, the water is clear, and water temps don't fluctuate much. Although the fish don't move as much as when flows and water temps are up, they will still eat during feeding windows. They are typically more selective when it comes to



Take off gloves before handling fish!

their diet, but midges are prevalent on the menu. Once you locate a pod of feeding fish, work them as best you can with slow smooth drifts, and make a mental note as to where and how they are feeding before you move to the next spot. Strive to seek out the water

with the same characteristics you have had recent success with. Usually, winter feeding water is moving at a walking speed and is next to deeper or faster water. Look for those slow-moving three-foot-deep seams.

My go-to rig is all tied with 5X tippet (usually fluorocarbon) and has a tan San Juan Worm to a midge larva, to a midge pupa. The midges range in size from eighteen to twenty-two. Colors vary from brown, olive, white, red, to purple. I like to run the pupa last in the in-line set-up because it rides a bit higher in the water column as an emerging midge would. Don't be surprised if the fish eat that worm; it's not there only for simple attraction.

I usually don't change out flies much, but I will more in the winter, as I am looking for the right midge color. The fly choices won't change typically, but the midge colors will, as sun angles and clarity do affect the colors. Be ready for a decent midge hatch that may bring the fish to the surface. That's always a bonus on winter days.

Be safe, use a wading staff, and watch out for that shelf ice as it may not support you. Remember, if it's chilly today, the fishing may be hot!

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

from the **experts**

— MOUNT EVANS
HOME HEALTH CARE & HOSPICE —
**A Financial Gift to Mount Evans
Can Help You and Your Friends
and Neighbors**

BY BETSY HAYS

Why should you, a mountain area resident, donate to an organization that you currently don't benefit from? What is Mount Evans Home Health Care & Hospice? Over forty years ago, Mount Evans Hospice became one of the first three hospices in the State of Colorado helping terminally ill patients with their end-of-life journey at home. Over time our services expanded to include in-home care for those recovering from an illness or surgery as well as palliative care for those living with a progressive illness. We provide nursing services, physical, occupational and speech therapies, social and spiritual support, and grief counseling for children and adults, as well as care for those making their final journey. And all of this care happens not in the hospital but in the homes of your neighbors and friends.



A local cyclist had a knee replacement, and the Mount Evans physical therapist came to care for him in his home to get him back on the road to ride a 50-mile section of the Triple Bypass.

A woman who lives in Bailey said to me, "I live alone. Do you mean that if I get injured an accident, a nurse and therapy experts from Mount Evans would come to

my house?" Yes, was my answer, that is what we do every single day.

A man from Conifer had a terminal illness and wanted to die at home surrounded by loved ones. Our hospice care team was there with the family every step of the way.

Why should you consider a financial gift to Mount Evans this year? The medical situations I have described can happen to anyone at any time. These are not planned events. All of us should be comforted to know that Mount Evans exists in our community to take care of us and our neighbors. Your financial contributions will support the day-in-day-out work of our professional staff. Over 23,000 patient visits—is someone you know one of them?

I ask you to make an end-of-year donation to Mount Evans to fund our work for the mountain community for the future needs of all of us. Visit our website www.MountEvans.org and click the donate button. Make an impact on where you live. Our heart is in your home today and in the future.

Betsy Hays is the Director of Resource Development and Fundraising at Mount Evans Home Health Care & Hospice. She can be reached at (303) 674-6400 or bhays@mtevans.org

Simply put, we believe our mountain communities who turn to us for help deserve extraordinary care. This year, Mount Evans conducted over 23,000 patient visits across a FOUR-county service area. Our clinical care team drove over 310,000 miles to take care of you and your friends and neighbors, in your homes, when needed. From Morrison to Shawnee, Conifer to Evergreen, and Golden to Georgetown the staff at Mount Evans will be there for you when needed. Insurance does not cover the expense of mileage or the extra hours the Mount Evans team spends with patients; donations do.

My father at one point was very sick and had a terrible wound that had to heal at home. My mom could not do the work alone, and a home health nurse came in and assisted. If they had lived in our mountain community, a Mount Evans nurse would have been there for them.

Elevate your giving on December 5th!

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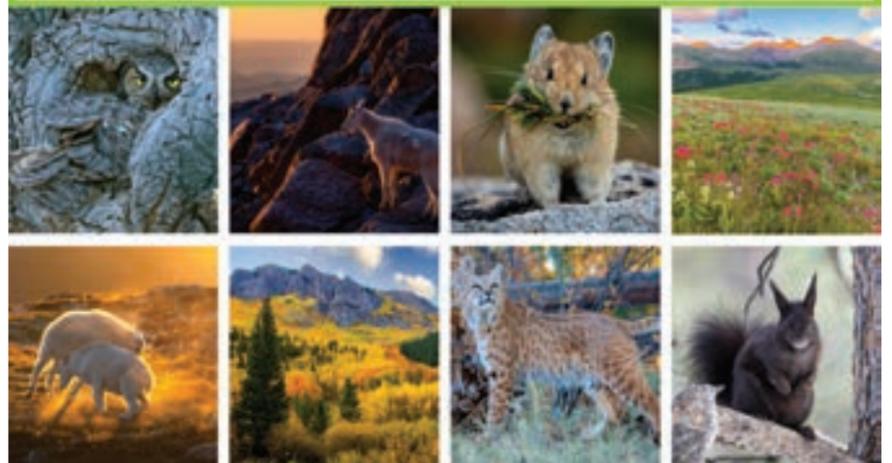


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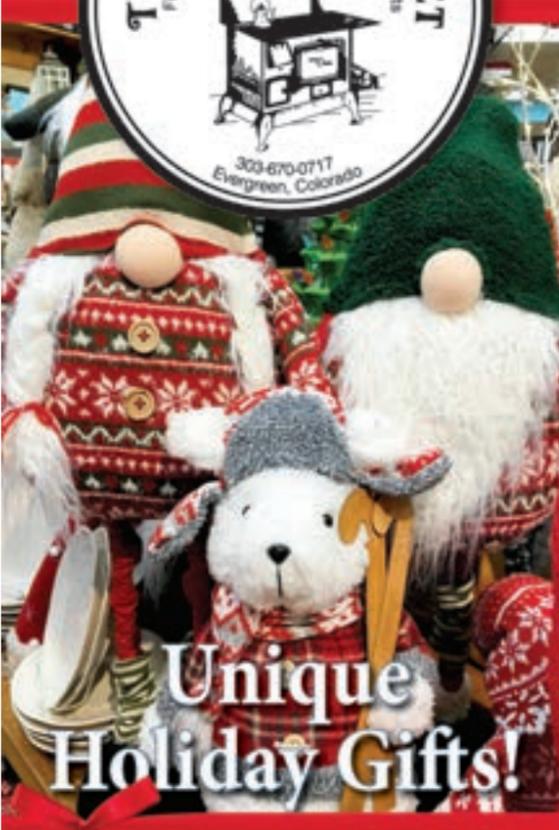


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The Joy of the Season

BY LISA PLUMMER SMITH

“Whatever makes your moments memorable, do it and be present.”



“The golden moments we create now will live on in our memories forever.”

The joy of the holiday season restores my belief in miracles, magic and all things good for a while. Somehow the world seems a little kinder, brighter and hopeful this time of year. It’s never too early to bring on the decorations! Seeing festive yards and cars and people in holiday sweaters makes me smile. Christmas turns my 16-year-old into a twinkle-eyed believer and brings about a special time in our home.

If you’ve been to our home, you know we have paper snowflakes on the windows year round. It started the year we lived in Texas at Christmas; I needed snow! We cut out snowflakes for the windows, and it really helped! I love them and have added to them over the years. They also help keep the birds from flying into our windows.

I love sparkle and shine and enjoy decorating the house at Christmas. It’s hard to drag the boxes upstairs, but it’s always worth it. Sentimental pieces take me back to years past and spark traditions of present. The house decorated with special lights and holiday treasures brings me a special joy; at night I turn off all the lights and enjoy the glow of the tree. The golden moments we create now will live on in our memories forever.

Things don’t always go exactly as planned—and sometimes create the best memories. When my daughter was two we made sugar cookies together. I remember that day vividly; she had so much fun measuring and pouring and using the cookie cutters. As a young mama I was so happy with her using her motor skills and us doing this Norman Rockwell moment—then I tasted one...and it tasted like a dry biscuit...I had forgotten to add the SUGAR! My sugar cookie fail turned into a favorite holiday memory.

The holidays are difficult for some. Be mindful of this and respect their pain. Check on your tribes. Winter and all it brings can be hard. Simple kindnesses can mean so much. In our daily lives we have many opportunities to interact with others. Making small talk while waiting, smiling,

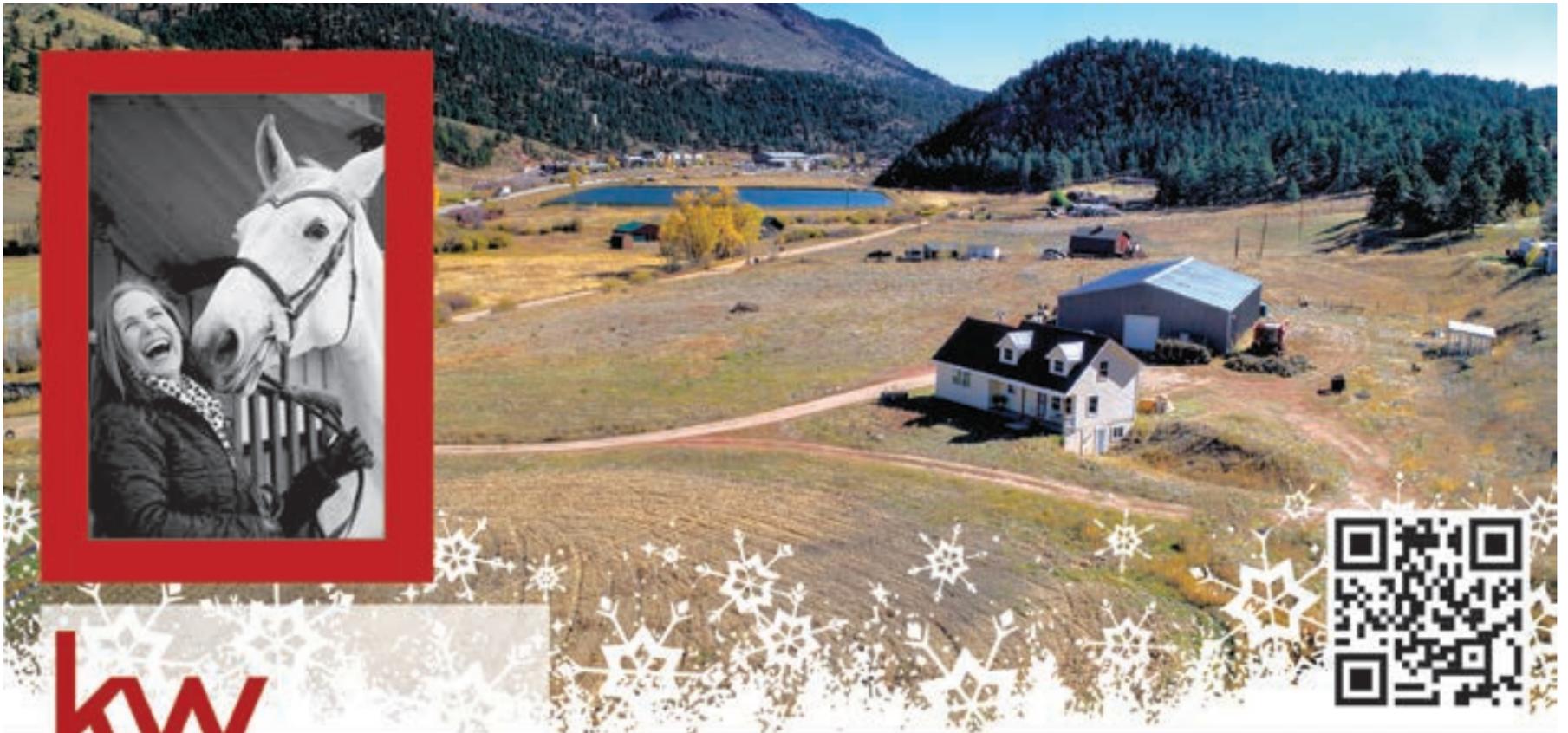
holding a door for someone; being seen, being spoken to and looking a stranger in the eye and seeing kindness—these moments touch us as humans.

This miracle of life we enjoy, the human condition and all that it entails, being painfully and joyfully alive—whatever makes your moments memorable, do it and be present. Be the one to find a way to reach out to those in your life whom you want to reconnect with. We only get one life and perhaps 100 years if we are lucky—spend it well.



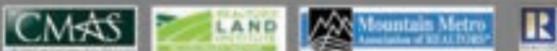
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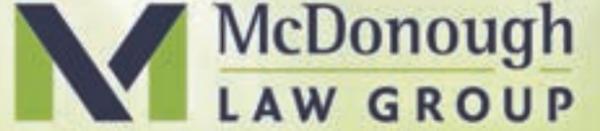
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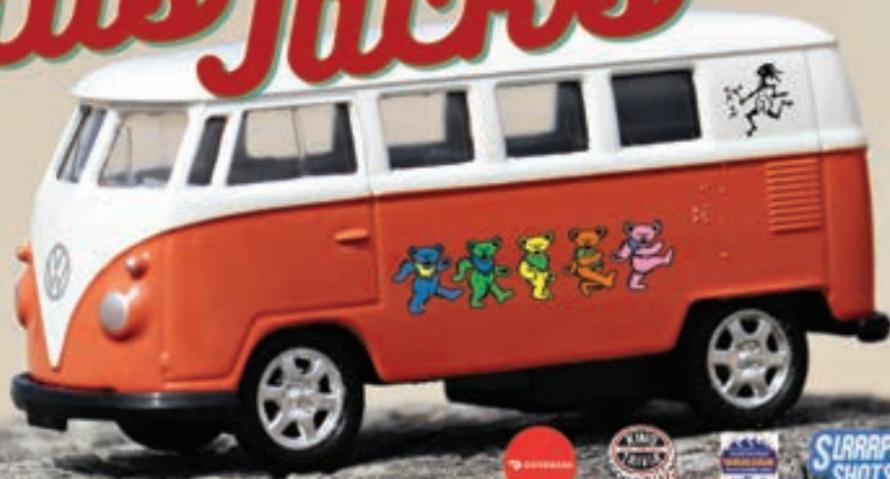
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HOW DOES THE SUN'S ENERGY FUEL THE EARTH?

BY SEAN BELL, VALORROOFANDSOLAR.COM



As we roll into December in Colorado, the change in season is beginning to be very apparent. The last warm days of lingering fall are beginning to be a memory. Once-brisk mornings are now cold, and snow is beginning to come more often.

Some of the snow is now starting to linger in familiar places, those snowy spots that the sun only briefly touches ...or ignores altogether: a spot behind an out-building, a slick part of the road hidden by some evergreens, or that north-facing driveway, all in stark contrast to the sunny, dry spots right next to them.

Likewise, when we go outside, we naturally move towards a place in the sun, mostly without thinking; but if we linger with a neighbor too long in the shade, someone usually suggests moving to the sun, and all agree reflexively. We know this and do not even consider it beyond a little planning once we are in country long enough.

Plants are the same. They rise as a riot once the sun is out long enough in the spring, and grow into great shaggy masses. But when summer is over, they finish their business and hide out until next spring, except for a few stalwarts. And so it has been for a long, long time.

People, in their way, have followed this cycle, challenged it, fought it, overcome it, and maybe outthought themselves a bit. Besides just finding a warm spot in the sun, people have made their homes warm and cool as well, their businesses have boomed, their cars have zoomed, and their lights at night block the stars from the sky.

All of that "activity" has required vast expenditures of energy. Over time the necessary energy has come from many sources. Early on the sources were simple, mostly plant matter being burned and some simple machines using wind or water. This shifted to more concentrated sources like coal with industrialization; then with the advent of the internal combustion engine and electrification, the use of coal, oil, and gas has rocketed. But these sources of energy are finite, not personally gatherable, and increasingly costly.

The use of energy has made tremendous things possible, and the use of electricity makes everyday life possible, including

our whole community being able to share thoughts and feelings around the world.

In Colorado, there are great alternative energy programs supported by the public utilities, state of Colorado, and the federal government. Residential solar panel installations are chief among these.

Currently, Colorado has a generous net-metering program available in most places for homeowners whose home qualifies. Net metering means excess energy that your home puts back into the grid during the day is "banked" for you and then given back at no cost on cloudy days or at night when your solar is not producing at 100%. There are generous tax incentives for homeowners undertaking many qualifying solar-related projects. The federal government will rebate you up to 30% of your cost in the form of tax rebates. The problem is that not every home can generate the electricity needed because of the direction it is pointing, tree cover, or roof make-up. Likewise, homeowners must also meet certain qualifications.

The best way to understand more is to get started. Get the specific information about whether your home can generate the electricity it consumes from solar panels on your roof. Valor Roof and Solar will provide a complimentary Energy Savings Review for homeowners it believes may qualify for a utility company's net-metering program.

This review can be conducted year-round. Call Valor Roof and Solar at (303) 770-7663 to begin the process for your Energy Savings Review. It is a great way to understand your

home's potential, your utility's programs, and your options.

Importantly, this time of year also pre-sages new beginnings. The length of day reaches a nadir and starts to lengthen. Slow though it is, all know the cycle has begun. Those who've seen few cycles can barely grasp the change as the days and nights crawl by, while those who have seen many relish the minutes.

Every day the sun rises, transits the sky, sets, and repeats—all very predictably. Our seasons are so predictable that clocks and calendars are set to it all, and in one form or another, it's been that way for a long, long time. Consider generating electricity directly from the sun, thereby supporting your own needs and the needs of your community—benefiting all.

As we enter a season of endings, beginnings, and celebrations, consider the sun, its place in our sky, and its effect on our community. We at Valor Roof and Solar give our most heartfelt thanks to our community, as we strive to serve and transform with faith, integrity, and respect. We wish you a very Merry Christmas, a Happy New year, and Season's Greetings to All!

Together, let's use the power of the sun and make a difference! Valor Roof and Solar is here to help you navigate this process. To find out if your home qualifies to produce its own power through solar, contact Sean Bell 303-770-7663

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There is a New Santa in Town

BY GARY LOFFLER AND BILL DAVIS

Sometimes we intentionally work to make change happen in our lives, and sometimes change just happens upon us. During the heart of the COVID lockdowns in 2020, Bill Davis got sick and spent about a month with no interest in shaving. Healing and feeling better were a higher priority. Much to his surprise, the resulting beard was soft and shot through with fine white and gray hairs, so he elected to not shave it, at least not during the cold winter months. However, spring came and then summer, but the beard remained.

Dad humor pretty much requires the obligatory pun: He grew attached to his beard, and there is more than a bit of truth to this. Bill had long had a mustache, but never a full beard, and it soon became part of his identity. When he returned to his position behind the counter at Rocky Mountain Music Exchange, the beard got rave reviews. People started to recognize him by it, and he accumulated a selection of hair-care products including beard balm, beard shampoo, and beard conditioner containing coffee, of all things. The beard was here to stay.

Children and animals have always loved Bill. A stepfather and father to seven children, and a grandfather to nine, he has had the opportunity to spend a lot of time holding babies and playing with toddlers. It is not

uncommon to find him on a recliner with at least one of the younger members of his extended family enjoying watching sports or cartoons or just silly conversation. On one such occasion, six-year-old Johnathan looked up, gave Bill's beard a gentle tug and said, "Grampa, you're Santa Claus!" With those words, change happened in Bill's life.

Soon not just beard care products started showing up at his door; there were Santa boots and Santa suits, and a fur-lined hat. His wife noted Christmas music being played and jolly holiday sayings being practiced in different tones and octaves. Bill is a life-long musician and knows the value of rehearsal. When his wife commented on the amount of time he was putting into his new venture, Bill replied, "There's a lot of studying and preparation to be done when you want to be a 'real' Santa Claus! Do you know the names of all Santa's reindeer?"

So now there is a new Santa in town with a fine, full beard and a keen understanding of Santa lore. Bill (Santa Willie) is available for private parties, holiday parades, photo shoots, company parties, school and community events, and much much more!

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Meet Krampus

BY GARY LOFFLER

"Sort of like the Elf on the Shelf as envisioned by Wes Craven."



While Santa continues to reign as the most popular holiday spirit of December, he is not the only one out there passing judgment on good or bad children.

Thought to have originated in northern and eastern Europe even before Saint Nicholas, Krampus has been holding children accountable for their actions for centuries. Over the years Krampus has had many variations. In some cases he is only mildly threatening (leaving a rod instead of candy for bad kids), and in others he hauls misbehaving children off in a sack. His appearance likely started off as similar to a satyr (half-man, half-goat) but, like a lot of things that involve years of mimicry and alcohol-infused decision making, he became a lot more frightening and

grotesque. Winter festivals would include people dressing up like Krampus and chasing after children. Sort of like the Elf on the Shelf as envisioned by Wes Craven.

Shortly after Saint Nicholas made the scene with his practice of bestowing gifts and candy to good children, Krampus started tagging along as the bad guy. He would spend time peering in windows and tracking bad behavior and then, on December 6th, he and Saint Nicholas would visit those homes to reward or punish the younger residents. I would note that adult bad behavior is sadly absent from Krampus lore.

These celebrations were likely meant to coincide with the winter solstice. The Gregorian calendar, which replaced the Julian calendar in the 1500s, places the winter solstice on December 21. When this changeover took place in 1582, October 4th was followed by October 15th. This was not the only time that calendars were shifted around to account for unfortunate fact that a year is not exactly 365 days or the 365.25 days of the Julian Calendar. The point being that the winter solstice has been a cause for celebrations by many cultures because it is the turning point in winter, and daylight lasts a little longer each day; while the solstice itself did not move around much, the date on the calendar did.

Krampus has made his way into movies. There are at least eight of them out there, and they portray Krampus as violently evil. In truth, while he was always pretty judgmental, he only punished bad behavior. Also available are Krampus cards that are available for those who feel Santa is just a bit too lenient on his good kid/bad kid list.

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— ON THE MOVE FITNESS —

Top Ten Reasons to Get in Shape

BY DEB BROWN, NSCA-CPT, CNS, CWC

As we roll into another beautiful Colorado winter, we have all kinds of neat people starting to train with us. Many folks are working to take off weight and gain energy. Some are looking to avoid diabetes, stop bone loss and control chronic disease. Some folks are getting ready for winter sports such as skiing. And others are looking to reduce the high levels of stress incurred with balancing work and family, as well as just our fast-paced way of life. Clients who work out with a personal trainer give themselves an advantage over working out alone at a gym. The personal trainer provides not only a structured, personalized program, but also on-going support and motivation to help the client achieve his or her goals. When working with a personal trainer, a client typically schedules an appointment with the trainer. Because of this, clients show up and have consistent workouts. This leads to quick and lasting results, which is what people are after in the first place.

As we enter December, it is always a good time to take stock of where you are with your health before the holidays arrive. Are you feeling and looking the way that you want to? If not, this upcoming year may be the time to finally add strength training to your life. Here are our Top Ten reasons for getting into and staying in shape:



“Clients who work out with a personal trainer give themselves an advantage over working out alone at a gym.”

1. When you expend energy to work out, you will get MORE energy in return to do the things you love: hobbies, spending time with family, travel, skiing, hiking, biking, etc.

2. By becoming stronger and more agile, you will decrease your risk of injury when skiing/golfing/hiking/running/cycling, etc.

3. Be a great role model for your kids.

4. Great social opportunities. Meet new people—maybe your neighbors!!

5. Have better overall health, reduce your risk factors, stay away from the doctor's office, manage chronic disease, improve your immune function. ALL good stuff!

6. You will become stronger, more flexible and have better

balance.

7. Consistent physical exercise has been proven to help support good mental health, offset the effects of grief and depression, and improve overall mood.

8. You will improve your bone health. Additionally, you will decrease the risk of falling.

9. Emerging science is showing us how important consistent exercise is for brain health, increasing cognitive function, and reducing the risk for dementia as we age.

10. You will look and feel SO much better than you do today!

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On The Move Fitness is a Personal Training Studio that has been serving the Conifer Area for 16 years. Contact us at 303-816-1426 or www.onthemovefitness.com for more info.

A Skeptic's View

Fad Diets

BY GARY LOFFLER

With the end of the year just around the corner, now would be a good time to look at some of the fad diets that are lurking on the internet. As always, this is not to offer any advice on dieting or any medical advice. Both of these should be discussed with a doctor beforehand.

First up is olive oil for breakfast. A nutrition expert (site provides no credentials to back this up) says that starting the day with 2 tablespoons of olive oil helped people in her restaurant “shed up to 50 pounds, get off prescription meds, and reversed type 2 diabetes.” These claims seem to be related to the Mediterranean Diet, but go way beyond what you can expect from a simple dietary change. The site states that ingesting olive oil can alter cell membranes to help control blood sugar, which I find a bit hard to believe. While using olive oil in place of butter, margarine, or mayonnaise has been shown to be beneficial for heart health, studies do not back the more extravagant claims on the website. Like a lot of sites, there is a tiny sliver of truth, but it is drowned out with highly implausible assertions.

Recently the FDA has released this statement concerning chocolate: “Cocoa flavanols in high flavanol cocoa powder may reduce the risk of cardiovascular disease, although the FDA has concluded that there is very limited scientific evidence for this claim.” Not exactly a sterling endorsement. They go on to define what high flavanol is not: “The claim does not apply to regular cocoa powder, foods containing regular cocoa powder, or



“Long-term weight loss depends on long-term changes in lifestyle and diet.”

other food products made from cacao beans, such as chocolate.” Some studies have suggested that the cocoa flavanols reduce the risk of heart disease but, as the second statement from the FDA explains, most chocolate in the home does not fall into this category. Processing the cocoa reduces the amount of flavanol, and diluting that product with fat and sugar likely overwhelms any health benefits. There are a lot of sites out there promoting chocolate as being beneficial for physical and emotional health. Most of these sites use the words “may” and “might” a lot, but they all suggested moderation and contained warnings about the high fat and sugar content. (Note that when searching the internet, you are not likely to get the same results as I do. Most search engines use your search history to offer sites that match previous sites you've visited.)

The biggest news to hit the weight-loss bandwagon recently is semaglutide. This drug mimics the GLP-1 hormone that makes you feel full and not hungry. Currently three

body. The mere fact that it says berberine on the label does not mean it contains any of the substance or the amount listed on the package. While the mayoclinic.org website does in general favor this supplement, they include multiple warnings about reported side effects and problems.

Intermittent fasting has been showing some good results for some people, at least compared to calorie counting diets. With intermittent fasting, you restrict your eating to just a certain amount of time each day. For example, you may limit your eating to only between noon and 8pm. One of the reasons this approach has some success may be how much simpler it is. Rather than decide if you have enough calories left in the day to add cheese to your sandwich, you look at the clock. If it is after eight, you don't eat the cheese or the sandwich. Meta studies (studies looking at the results of many other studies) have found intermittent fasting to show some promise but, again, do not undertake such a drastic change in diet without a doctor's advice.

So where does that leave us for a New Year's resolution of weight loss? Pretty much the same as every year. Long-term weight loss depends on long-term changes in lifestyle and diet. Drugs like semaglutide might make this easier in the future, but for now I would consider them problematic. Olive oil is not a magic bullet, but is a very tasty substitute for other high-fat foods like mayonnaise and margarine. Chocolate is not going to make you heart healthy, though it is a delicious treat in moderation. There are dietary plans that work well with doctors' and nutritionists' help, but there are no magic fat-burning bullets, no burn-fat-while-you-sleep pills, nor any all-natural supplement that just melts the weight away.



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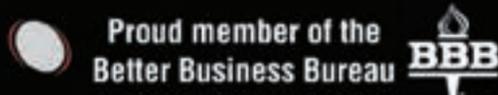
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Penny for your thoughts



“Bighorn sheep can be found from southwestern Canada all the way to Mexico.”

Juba Studies the Bighorn Sheep

BY PENNY RANDELL

Hello and happy holidays to all of my readers. Now is the time I thank all of you for reading the articles I write about so many critters.



Although I am a canine, I have learned how to speak for many animals in an effort to educate my readers. This month I am taking on the bighorn sheep, which is a relative of the goat. These sturdy animals are native to North America and are named for their large horns. For those who care, their scientific name is *Ovis canadensis*, and they are well studied. Those big horns can weigh up to 30 pounds, and the sheep weigh in at up to about 315 pounds.

These powerful sheep originally came from Siberia, crossing over to North America via the Bering Land Bridge. They were amazingly successful as they took up residence in Alaska, and their population rapidly numbered in the millions. However, diseases introduced through European livestock took their toll, and that plus overhunting dropped the numbers to several thousands. *Ovis canadensis* is one of two species of mountain sheep that live in North America. I'm sure you are acquainted with *O. dalli*, or Dall sheep, for they are the

other species. All this took place 750,000 years ago, including the divergence of these two extant species. The greatest number of Dall sheep live in Alaska and northwestern Canada. Bighorn sheep can be found from southwestern Canada all the way to Mexico.

Obviously, bighorn sheep are known and named for their large, curved horns borne by rams, or males. Females, or ewes, also have horns, but they are much shorter with less curvature. When searching for these critters, one should know they range in color from light brown to grayish or dark brown. Too, they sport a white rump, and white linings on all four legs. It is the male who weighs in at a hefty 315 pounds and is 41 inches tall at the shoulder. Females are smaller and usually weigh around 200 pounds and are about 35 inches tall. Those horns found on the male are adapted for clashing with other sheep, as they include large cores that connect with their frontal sinuses and an internal bony septum. The septum is a bony fin-like projection that is found in the maxillary sinus. These are significant adaptations that keep the brain intact.

Rocky Mountain bighorn sheep are found in the cooler mountainous regions of Canada and the United States. They occupy alpine meadows, grassy mountain slopes and foothill country near rocky cliffs and bluffs. The one thing they cannot do is maneuver through deep snow and therefore prefer drier slopes where snow is around 60 inches per year. Also, the bighorn searches for a lower elevation in the winter and higher in the summer. The sad part is that these sheep are highly susceptible to some diseases carried by domestic sheep, such as psoroptic scabies and pneumonia. In addition, mortality is a result of falling rocks as well as falling off steep cliffs. Nonetheless, this sheep is well adapted at climbing to escape predation. And predation involves

many hunters like coyotes, bobcats, gray foxes, wolverines, lynxes, and even the golden eagle.

This critter is always found in large herds that accept no leader ram. Prior to the mating season, or rut, the rams attempt to establish a dominance hierarchy so they can pick out ewes for mating. It is during the pre-rut period that most of the clashing of ram horns occurs. Such behavior continues throughout the year, although limited. In their agonistic behavior, two competitors walk away from each other, turn, face each other as they jump for the mighty headbutt. These clashes can greatly damage horns. On the other hand, females take to a stable, nonlinear hierarchy that correlates with age. The female may fight for a higher social status when trying to fit into the herd, but this happens around one or two years of age.

Rocky Mountain bighorn rams practice at least three different courting strategies. The first and most successful is called the tendering strategy, in which a ram follows and defends an estrous ewe. All this takes a great deal of strength, which encourages the female to become ever-so-tolerant of the wanting needs of the ram. Next, we have courting, when rams fight for an already tended ewe. Surprisingly, ewes typically avoid courting males, which makes this strategy ineffective. The third is known as the blocking strategy, in which a male prevents a ewe from entering a tending area before coming into estrus.

The gestation period for a ewe lasts six months. Newborn lambs are born in May after a November rut. Rarely do they give birth to two, but it does happen. Most births take place within the first two weeks of the lambing period. Ewes that are pregnant usually migrate to alpine areas in the spring, which is believed to afford basic safety from predation. This becomes a problem, though, for the migration limits consumption of good and quality foliage. Lambs born early in the season are more

likely to survive than lambs born later. Here the problem is lack of milk. As it turns out, food quality lessens later in the season, and the lactating mothers often starve. Newborn lambs weigh between eight and ten pounds and can walk within hours. The babies are weaned at four to six months of age. A ewe can live between 10 to 14 years, while the ram lives 9 to 12 years.

As far as culture goes, the bighorn sheep have been held in high esteem for a long time. These critters were among the most admired animals of the Apsaalooka (Crow) people. Today the Bighorn Mountain Range is central to their existence. These animals are hunted for their meat and horns. They are also utilized for tribal ceremonies, as food and hunting trophies. They also serve as a source of ecotourism, for many tourists come to see them in their native habitat. The Rocky Mountain bighorn sheep is the provincial mammal of Alberta and the state animal of Colorado. Because of this, these sheep are incorporated into the symbol for Colorado Division of Parks and Wildlife.

The bighorn ram was featured in a series of prints by the famous artist Andy Warhol. In 1983 the artist was commissioned to create a portfolio of ten endangered species to raise awareness of environmental issues. His portfolio is known as “Endangered Species” and was created to support the Endangered Species Act, which was passed by the U.S. Congress in 1973. Yes, efforts to save the bighorn sheep have been successful, since many organizations, such as the National Wildlife Federation and the National Audubon Society, have gone to extreme measures to save them.

This is all good news, and I am thrilled to write about a real success story. Hopefully you, too, have enjoyed the article. Look for the recent writings concerning the return of bighorn sheep to the Garden of the Gods. But, for now I bid farewell and wish you luck when searching for a herd of these ever-so-dear bighorn sheep.



December Cover Artist Sascha Ripps

“For me, seeing is a tactile experience — a journey in and amongst shapes, noticing the sensations of various textures, and feeling the warm and cool light as it dances with color.”

Having grown up in Colorado, Sascha Ripps has always had a deep sensitivity and connection to the landscape. Sascha grew up hiking, playing, and exploring in the beautiful Colorado outdoors.

Her current focus on the landscape honors both these early experiences and this integral part of her identity. For Sascha, making a successful painting is about capturing the essence of her subject matter, something that goes well beyond a “visual likeness.” Sascha strives to convey the energy and feeling of a juncture between a specific place and a particular moment in time.

Sascha feels very fortunate to have a studio in Bailey and is really enjoying the new friendships she has made. She is looking forward to making new connections in the community.

www.sascharipps.com





Dogs, Dogs, Dogs

BY CATHY KOWALSKI

'Tis the season of giving; and training your dog to become a therapy dog is an awesome way to give back.

There are two types of therapy dogs. AAT stands for Animal-Assisted Therapy. The handlers must be health/human services providers who use their dog as part of their profession. AAA stands for Animal-Assisted Activities. These are the folks who volunteer with their dog to visit nursing homes, re-hab facilities, hospitals, schools, or libraries for a reading program.

In this article, I am concentrating on AAA. For your dog to be successful as a therapy dog, they must be able to ignore other dogs, to perform tasks in public, and be calm and

comfortable when being petted. They must not show any fear and be able to take food gently. The dog must not jump on people and, if working in a hospital or re-hab setting, be comfortable with individuals walking unsteadily as well as with medical equipment including walkers, canes, and wheelchairs. The dogs must be able to walk on leash without pulling and have a quick startle recovery. "Leave it" must be consistent, and dogs must be comfortable with noises and smells. Vaccines must be current, and dogs must be clean and well groomed. If there is any history of aggression or seriously injuring people or animals, they will be rejected as a therapy dog candidate.

Studies have shown that spending time with animals can lower anxiety, decrease blood pressure, improve pain management, and slow down breathing. People with dementia have recalled memories when visited by a therapy dog. When involved with a group, therapy dogs increase interaction between group members, and there is an increase in self-esteem and attention skills. The dogs can reduce loneliness.

One of the amazing things about dogs is that they don't judge, they don't care what you look like, they are forgiving, and they have no ulterior motive!

Grounding, or focusing on the present and the environment, is beneficial when individuals experiencing stress or anxiety are visited by a therapy dog. Individuals would talk about what 5 things they hear, what is touching them (the dog's leg, the dog's paw, the dog's head), what do they feel? They can feel the soft or coarse hair of the dog, they can feel the dog's body heat, they can feel the dog breathe. What do they see (how many colors do they see on the dog), or they can concentrate on the dog's body language and try to figure out what the dog is trying to say.

At re-hab facilities individuals could walk with the therapy dog while you are walking with them, which encourages them to get up and move.

As you prepare your dog, you will want to get your dog out and socialized in public. Locations that allow dogs include Murdochs, Aspen Grove Shopping Center, Southwest Plaza Shopping Center, Hobby Lobby, Tractor Supply, and outdoor coffee shops or restaurant settings.

Please remember that even when trained, the dog would be a therapy dog and not a service dog. Therapy dogs are only allowed in places where they are invited, while service dogs are able to go anywhere the public is allowed.

Remember your dog will need lots of breaks to rest!

The giving season also includes Colorado Gives Day December 5th. Please remember Faithfully K9 as you chose what nonprofits you will support. We do not charge veterans or 1st responders to train their dogs to become their service dogs, but we rely on events like Colorado Gives Day to enable us to continue to give hope where there was no hope!



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



or scan to visit the website www.faithfullyk9.com.



BE KIND

BY ANNE VICKSTROM

"I will do my best to be kind and patient, and bring peace to others."



The holiday season is here, and this year, more than ever before, I am so incredibly grateful for it.

Living in our beautiful mountain community, we get to look forward to holiday gatherings where we run into friends we haven't seen in months, attend holiday concerts, bake cookies, find that perfect item or experience for our loved ones, decorate our homes, eat end-of-the-year delicacies, and toast each other. Family and friends gather, making time for old traditions and creating new ones. The snow will fall and we'll ski, or snowshoe, or sled down a nearby hill. We'll celebrate as we wish.

We get to be free. We get to forget. We get to go on with our lives.

Others around the world want the same, but this year they will not have the freedom to do so.

Last month my husband and I boarded a plane. It pushed back and then—it sat. Fellow passengers side-glanced at each other—What's going on? The friendly and informative flight attendant smiled and explained that the pilot noticed fuel leaking from one of the engines. Yikes! We waited for a few more minutes. Then the friendly and informative pilot announced that yep, something is wrong, so now we're all going to deplane and walk 22 gates away to another plane.

You should have seen the reaction of the passengers! Nope—not THAT kind of behavior that is reported by our sometimes-cynical news media. No one, not anyone, made so much as a negative comment. Not the couple flying to their wedding, not the girls' group on their way to a fun weekend with friends, not the sports reporter sitting beside me who had been on the road for two weeks and was ready to get back and sleep in her own bed again. Everyone was understanding, cooperative, friendly, and best of all—kind.

We lined up again, waited our turn, selected our seats quickly and with courtesy, and the very friendly and informative flight attendant and pilot came back on the speaker and thanked us for being so understanding.

Maybe everyone onboard, like me, woke up that morning and appreciated living in a country that lives in peace.

To honor those across the world who are suffering or died, I will do my best to be kind and patient, and bring as much peace to others—just like that plane-load of people. Happy holidays!

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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THE SALAD THING

BY FRANCESCA ARNIOTES

“Each ingredient is to be honored and savored for its own glorious qualities.”

Wow! I think I just had a narrow escape! I was about to write an article on why the order of eating food during a meal matters, according to Italians. I was curious what information was out there and oh, my!

I stumbled upon several forums where people became positively vitriolic! I mean, they were really angry that there would be rules about when to eat your salad. Based on our experience with the friends who join us on our Live-In-Italy vacations in Chianti, the traditional Italian meal sequence is fun and interesting. The salad thing certainly gets people's attention, but no punches were ever thrown. So I'm going to go ahead and talk about the traditional Italian way of eating. Just as a curiosity. Not rules. Don't get mad.

For working and student Italians, breakfast, sometime before 8:00, is coffee with milk and a sandwich or a pastry. Late morning, a piece of pizza or sandwich is taken. Lunch is around 2:00 and for most, this is the largest meal of the day, followed by a long rest. Coffee, without milk, is taken around 4:00 as the second half of the day begins; and after the workday ends around 7:30–8:00, a social hour called the aperitivo consists of a drink and some snacks with friends. Dinner is a lighter meal served after 8:00.

A traditional Italian lunch or dinner is made of 5 courses: Antipasto, Primo, Secondo, Contorno, and Dolce. To these, one may add the Aperitivo at the very beginning, and a fruit course followed by a digestive and then a coffee at the end. Like here, that kind of nine-course meal is reserved for holidays.

On Sunday, the midday meal is likely to see all five courses as the family and extended family gathers. Most other days for working people, lunch will be some combination of any two or three courses, and dinner may be some ham, cheese, and bread.

The Antipasto is “the meal before the meal.” Things like salami; grilled, raw and marinated vegetables; cheeses and crostini are served at the table on a board or platter from which everyone serves themselves. The purpose is to open up the appetite.

The Primo or “first” consists of soups, pastas and rice dishes, also gnocchi and polenta. This first course does not contain meat, except when the sauce is a ragu or lasagne. The ingredients may be quite luxurious, for example truffles, cream, saffron and seafood. This course is not accompanied by bread or a side dish. The portion is about 4 ounces.

The Secondo is a small portion of meat or fish—about 3–4 ounces—and may be accompanied or followed by a vegetable or salad side dish—the Contorno. A Dolce, something a little sweet, like ice cream or a slice of crostata, ends the meal.

The practice of separating foods by course comes as a surprise to visitors. I say Italian is the perfect cuisine for people who don't like their foods to touch. Each course comes to the table in sequence, and a diner's plate

rarely, if ever, has more than one thing on it at a time. This has to do with the practice of eating local and seasonal produce. Each ingredient is to be honored and savored for its own glorious qualities. The meat from lovingly raised animals tastes amazing, and the farmers and the animals deserve that its flavor be fully appreciated. No rubs. No sauces. And if you wait all year for fig season, you want to taste figs. Italians wouldn't bury the flavor of a pasta dressing of porcini mushrooms or Vesuviana tomatoes by grating cheese on it. You won't find jars of spices in Italian home kitchens. Fresh sage, rosemary, basil, oregano, parsley and bay (use just one at a time, please), along with sea salt, garlic, onion, black pepper and lemon, are the standard seasonings. Most traditional recipes contain five ingredients or less so that the flavor of the star ingredient can shine. Italians care deeply about quality and tradition. They also have great consideration for digestion, which informs portions, eating order, and when and how beverages are consumed.

The salad thing that riled so many on the internet forums deserves an explanation. Salads are dressed simply, with extra virgin olive oil, salt and a splash of red wine vinegar. Since childhood, I've eaten my salad last, like my grandfather. The briskness of the salt and vinegar always signals a satisfying finish, whereas otherwise we could keep eating pasta, meat, vegetables until they're gone and then look around for more. As an adult spending time in Italy, it was a revelation that salad at the end of the meal is the tradition. It is believed that the roughage serves to push things along in the digestive tract. Around our Chianti table, we introduce people to this practice and, yes, we explain the thinking behind it. Most of our friends decide that eating salad last is nice.

The eating habits of Italians may matter only to the helplessly curious or to anyone about to travel who wants to be culturally literate. Or. There is no denying that Italians find immense pleasure in food – talking about it, shopping for it, cooking it and eating it. Over the course of a day, that's a lot of pleasure time. Maybe they found the secret to happiness. Well, now everybody knows it.

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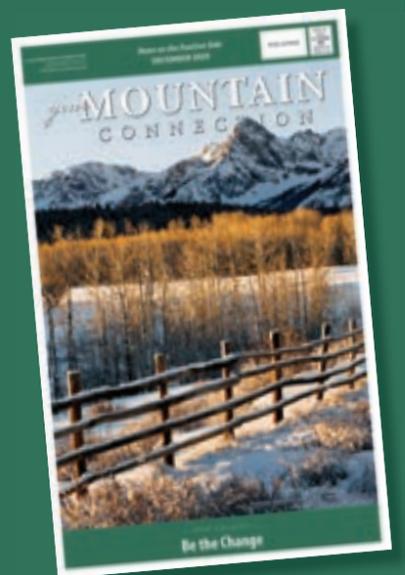
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—Susan Fariss, Owner, Evergreen Crafters



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Let Me Count the Ways

BY NANCY HOUSER-BLUHM | N.HOUSERBLUHM@GMAIL.COM*“Eventually, it wasn't about the same events unpacked every year but about possibilities... for both looking back and looking ahead...”*

Hopefully most of us have fond memories of rituals that came to define our holidays. Those may be grand memories or the ones of irritation that look better, grow fonder, from a distance. It's those same holiday rituals that anchored us for so many years, which can also sadden us when they start to fade or shift. Growing up, the Houser house was known as the fun place to be on Christmas Eve. For decades the only thing that ever changed about that evening was whether gifts were opened before church or after, and if we tore into gifts as a unit, or waited patiently, watching

each gift opened one by one. Even as young adults we languished for hours in the revelry, with a good drink or two in hand.

Across the years, raucous events became quieter, more subtle. One by one someone moved, someone started a family of their own, someone wanted to stay in their new town, or with their new family, not travel hither and yon. My husband and I were among those who moved cross-country and missed ever more holiday events. We discovered even though our hearts felt heavy, we could redefine how the holidays could be. Let me count the ways: from going

out to eat on Thanksgiving and getting that extra plate for leftovers, to Christmas day skiing, to hosting an open house, to making pasta primavera for the new year, or spending time with our new tribe of friends and their families.

Eventually, it wasn't about the same events unpacked every year but about possibilities, with moments of celebration for both looking back and looking ahead to next year's adventure. Whether you are in the raucous stage, the shifting phase, or the redefining era, I wish you good memories and many smiles.

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Marty's favorites

Grown-Up Christmas List

BY AMY GRANT

Do you remember me?
I sat upon your knee
I wrote to you
with childhood fantasies
Well, I'm all grown up now
And still need help somehow
I'm not a child,
but my heart still can dream
So here's my lifelong wish
My grown-up Christmas list
Not for myself,
but for a world in need

No more lives torn apart
And wars would never start
And time would heal all hearts
And everyone would have a friend
And right would always win
And love would never end
This is my grown-up Christmas list

As children, we believed
The grandest sight to see
Was something lovely
wrapped beneath our tree
Well, heaven surely knows

That packages and bows
Can never heal
a hurting human soul

No more lives torn apart
And wars would never start
And time would heal all hearts
And everyone would have a friend
And right would always win
And love would never end
This is my grown-up Christmas list

What is this illusion called?
The innocence of youth?
Maybe only in our blind belief
Can we ever find the truth

No more lives torn apart
And wars would never start
And time would heal all hearts
And everyone would have a friend
And right would always win
And love would never end, oh

This is my grown-up Christmas list
This is my only lifelong wish
This is my grown-up Christmas list

Written by David Foster, Linda Thompson
Lyrics provided by www.azlyrics.com

River

BY JONI MITCHELL

It's coming on Christmas,
They're putting up reindeer and
singing songs of joy and peace

Oh, I wish I had a river
I could skate away on

But it don't snow here,
it stays pretty green
I'm gonna make a lot of money,
then I'm gonna quit this crazy scene

I wish I had a river
I could skate away on
I wish I had a river so long
I would teach my feet to fly
Oh, I wish I had a river
I could skate away on

I made my baby cry

He tried hard to help me,
you know, he put me at ease
And he loved me so naughty,
made me weak in the knees

Oh, I wish I had a river
I could skate away on

But I'm so hard to handle,
I'm selfish and I'm sad
Now I've gone and lost the best baby
that I ever had

Oh, I wish I had a river
I could skate away on
I wish I had a river so long
I would teach my feet to fly
Oh, I wish I had a river
I could skate away on

I made my baby say goodbye

It's coming on Christmas,
they're cutting down trees
They're putting up reindeer,
singing songs of joy and peace

I wish I had a river
I could skate away on

Written by Joni Mitchell • Album: Blue • Released: 1971
Lyrics provided by Musixmatch

Poet's corner

The Dash

BY LINDA ELLIS

I read of a man who stood to speak
at the funeral of a friend
He referred to the dates on the tombstone
from the beginning...to the end.
He noted that first came the date of birth
and spoke the following date with tears,
but he said what mattered most of all
was the dash between those years.
For that dash represents all the time
that they spent alive on earth.
And now only those who loved them
know what that little line is worth.
For it matters not, how much we own --
the cars...the house...the cash.
What matters is how we live and love
and how we spend our dash.
So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
that can still be rearranged.
If we could just slow down enough
to consider what's true and real,
and always try to understand
the way other people feel.
And be less quick to anger
and show appreciation more,
and love the people in our lives
like we've never loved before.
If we treat each other with respect
and more often wear a smile,
remembering this special dash
might only last a little while.
So, when your eulogy is being read
with your life's actions to rehash,
would you be proud of the things they say
about how you spent YOUR dash?

Linda Ellis • lindaellis.life

It's Winter

BY JEFF SMITH

It's winter you know
the frozen earth hides
beneath the crunching snow
as we walk over it and we ski on it

Warm fires crackle
and make us daydream
missing someone
missing some place

Get out and feel the crisp cold
against your cheeks
see your breath

Remembering the cool of spring
and the heat of summer
and the passion
and the truth telling

Winding sleigh trails
Kids laughing
warm chocolate
friends calling

Peace on earth
Good will towards
all men and women

The heartbreak of fall is over now
the peace of winter
has arrived some how

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 that best fit our monthly theme to be featured on our cover or here in Poet's Corner. We look forward to each and every submission...thank you!

Submit your stories, poems, or pictures to *Your Mountain Connection* via Marty Hallberg (news@yourmtconnection.com). We will published as space allows. Information must be received by the 10th of each month prior to the actual date of the event.



Pet connections

Looking for their forever homes



For information on adopting any of these sweethearts, please visit the **Evergreen Animal Protective League's (EAPL)** website at: **eapl.com**. EAPL is a foster-based rescue. Most of their animals are in foster homes that range from Denver, to Evergreen, to northeast Colorado—where they are loved and cared for until they are placed in a forever home.



MEET CHARLIE!

Hi, my name is Charlie. You can see from my picture I am a happy guy! My foster family says I am fabulous!! I get along with all their furry friends, dogs, cats, goats, and horses. I do have to say I think I'm pretty groovy as I am potty trained, come when I'm called, play ball, and I like to ride in the car. I also can sit, lay, and walk on a leash. What I do BEST is I love to cuddle! I would love to be adopted to a forever home. I will love you, and you'll be proud to have me in your family. Love, Charlie.



MEET HEATHER!

Heather is a small timid dog. She loves to snuggle once she gets comfortable with her environment. Introducing new things slowly ensures her comfort. She is now starting to play and run, as all puppies should, in her foster home. She is cautious when meeting new dogs (and situations), so slow and steady is her forte at this time. She's crate and potty trained. She will make the perfect addition to a patient, loving family. Another furry friend in your family will be wonderful for her, plus a safe and secure yard for them to hang out in.



MEET MERIDA!

Merida came to us, having obviously been mishandled. She has been with us for a couple of months now, and with the help of an excellent trainer who taught us techniques to help her feel comfortable, and lots of love and patience, she continues to impress us with her progress. Merida is getting to know kids, so older kids would be best. We initially worried her prey drive would be too much for her to live with smaller dogs. However, we have since fostered a smaller dog (23 lbs), and she was very gentle and respectful. Merida is ready for her forever home, someone committed to making the rest of her life happy and a safe place.



MEET OLYMPIA!

Olympia is approximately 3 years old and is an energetic, loyal, and loving girl. She is great with older kids, although her excitement to get close to people and her strength could make her a bit "too much" for toddlers and very young children. She loves going for walks and climbing up on snowbanks for a better view of the world. She is very enthusiastic about meeting other dogs, yet does so with good doggie manners. She currently lives with cats at her foster home. She desperately wants to meet and play with them. She loves attention, giving kisses, and snuggling with her people, especially up on the couch.



MEET PHARRAH!

Guess what? Pharrah is officially on the lookout for her forever home! This cutie is not just adorable; she's also a crate-trained master and well on her way to becoming a potty-training pro. Pharrah might be a tad shy at first with humans, but give her a moment, and she'll steal your heart. She's a social butterfly with fellow doggos and has a special love for toys, outdoor hangs, and, of course, BONES! Help us find the perfect match, share the love, and let's make sure Pharrah finds her happily ever after!



MEET SHAY!

Woo-hoo, my foster mom said it is time, I can look for my forever family! I am not a girly girl, no playing dress-up for me. I love to be outside when the weather is good. I enjoy patrolling the yard, chasing the squirrels, and sunbathing; so a yard is a must. A taller fence is needed. When I get to chasing the squirrels I have come close to jumping up to the top of the current 6-ft fence. Having another pup to play with would be great; I get along with all sizes. I am a bit of a barker, but my foster mom continues to work with me and I have improved but still need work. I am a part-time lap dog; but if you need a walking partner to get off that couch and reduce stress, well, let's go, I am ready.



MEET SAILOR!

This spunky guy (lab/staffy mix) was rescued by EAPL just in time from a shelter in Texas. We think he's 6 – 8 months old and 34 pounds, and he's getting to do all the puppy things he missed out on earlier in life. He is a master stretcher, walks well on the leash, gives sweet little kisses, is very interested in meeting dogs, and LOVES sprawling out in the grass. He is doing well with potty training and has no issues sleeping in his crate. He'd be great in a home with another young dog or an older dog that can show him the ropes. He has not been tested with cats.

ALL PHOTOS BY GARY LOFFLER



WHAT?

Chow Down Customer Appreciation Day and EAPL's Annual Pets & Family Photos with Santa (\$20 EAPL fundraiser)

WHERE?

**Chow Down Pet Supplies
1260 Bergen Pkwy
Evergreen, CO 80439**

WHEN?

**Sat. Dec. 2nd
10am – 2pm**

Evergreen Chamber Ribbon Cuttings and News



Earth Treasures Tours
 Colorado Mining Country Tours Central City- Explore the "Richest Square Mile on Earth" tour 2.5 miles of Central City's back country. Visit ghost towns and historic mine ruins.
Suellen Barnhard - President
 Central City, CO 80427
 719-298-1452
www.earthtreasures.com



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Tabor Cowden - Owner
 2932 Evergreen Parkway
 Evergreen, CO 80439
 (303) 674-6902
www.evergreenathleticclub.com



Evergreen Audubon and Nature Center
 Evergreen Audubon inspires conservation of the natural world through Evergreen Nature Center, free monthly programs, field trips, community-based science, and outreach to area schools and youth groups.
Rachel Hutchison - Treasurer
 P.O. Box 523
 Evergreen, CO 80437
 (303) 330-0489
www.evergreenaudubon.org



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Amy Costello - Owner
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 Evergreen, CO 80439
 239-980-1095
highaltitudekombucha.com



The Holly Berry
 Since 1987 The Holly Berry has been providing the mountain community with fresh cut flowers & bouquets wedding flowers, house plants, dried flower arrangements, wreaths, garden decor, and more!
Sonya Sava - Owner
 28165 Hwy. 74
 Evergreen, CO 80439
 303-674-4821
thehollyberry.com



Ignite The Mind, LLC
 Ignite The Mind, LLC - started by a high school science teacher who saw the need for a stronger foundation in STEM. We specialize in math/science tutoring, test prep, and summer camps.
Michelle Blue - Owner
 25587 Conifer Road
 Conifer, CO 80433
 720-466-0152
www.ignitethemind.net
michelle@ignitethemind.net



Ho Ho Ho

BY NANCY JUDGE

Santa is here! Join us for an experience on the first three Saturdays this month from 9:30-11 am at a local restaurant. Each breakfast includes a delicious buffet, all the time with Santa you would like, immediate digital pictures, a cookie kit and a take home holiday craft project. Use the QR code to access tickets online.

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



Medical Aesthetics
 Medical Aesthetics, owned by a Registered Nurse located in Bergen Park, is an established medical spa for the past 21 years. We offer all advanced cosmetic treatments to help you achieve your aesthetic goals.
Brenda Cumming RN - Owner
 1262 Bergen parkway Ste E112
 Evergreen, CO 80439
 303-674-7225
medicalestheticsllc.com



Ovation West Performing Arts
 Nonprofit of six programs serving adults and youth, dedicated to teaching, creating, and performing outstanding music and musical theatre, as well as providing a high quality performing arts venue.
Sarah Gumina - Marketing Manager
 P.O. Box 2103
 Evergreen, CO 80437
 303-674-4002
ovationwest.org
info@ovationwest.org



Parmalee PTA
 Parmalee Elementary PTA's Mission is to make every child's potential a reality by engaging and empowering families and communities to advocate for all children.
4460 Parmalee Gulch
 Indian Hills CO, 80454
 310-383-5616
parmaleepta.org



Pieces of Eight
 Pieces of Eight is a food truck that offers comfort food with a twist. We are veteran- and women-owned with a focus on serving our community. It's not just food, it's an experience! We hear your hunger.
Peggy & Kathy Nohava - Owners
 3781 Evergreen Pkwy
 Evergreen, CO 80439
 719-728-0601
piecesofeightco.net

WE SUPPORT LIVING LOCALLY

Conifer Chamber Ribbon Cuttings and News



Conifer Update

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

“Like, totally awesome!”

Step into a time machine and groove back to the totally tubular era at the **40th Annual Conifer Christmas Parade!** Join us on Saturday, December 2, from 10:30 am – 4:30 pm on Sutton Road.

This year, we're throwing it back to the radical 1980s with a theme that'll have you saying, "Like, totally awesome!" Join us for a blast from the past as the streets light up with gnarly neon colors, righteous music, and iconic references from the era of boomboxes and leg warmers. The parade promises an explosion of nostalgia with spectacular floats, each paying tribute to the 80s pop culture that defined a generation.

But that's not all! Get in the groove with **live music** echoing through the streets, adding a festive beat to the day. Explore the **holiday market** filled with unique gifts and seasonal delights perfect for everyone on your list. For an exclusive experience, snag a spot in the **VIP tent** where you'll have the prime view of the parade and enjoy warm drinks, making this celebration extra cozy and unforgettable. Don your best 80s gear and come to celebrate this landmark event

hosted by the **Conifer Area Chamber of Commerce**, making memories that'll be, like, totally epic!

We need your help to make this parade the best one yet! Whether you want to attend, design a fabulous float, volunteer, or even sponsor the parade, we're counting on you to help make it a gnarly celebration. Scan the QR code on the ad below or visit GoConifer.com for more information!

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!



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Jacqui and Phil Angelo - Owners
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720-780-0093
jacqui@blueleafdesignbuild.com
www.blueleafdesignbuild.com



Dahlia Interiors
Jacqui and Phil Angelo - Owners
Blue Leaf Design Build is excited to announce our new Interior Design branch, Dahlia Interiors. From selecting finishes, to designing and building kitchens and bathrooms, we can help you create the space of your dreams.

720-780-0093
jacqui@blueleafdesignbuild.com
www.blueleafdesignbuild.com/dahliainteriors



Edward Jones
Stephanie C. Johnson - Financial Advisor
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303-237-4338
stephanie.c.johnson@edwardjones.com
www.EdwardJones.com/Stephanie-C-Johnson

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



LIFETIME WINDOWS & DOORS CHRISTMAS PARADE PARADE STARTS AT 2P 1ST BANK HOLIDAY TRAIN	ELK CREEK FIRE DEPARTMENT SANTA LAND VISITS W/ SANTA 10:30a - 1:00p COLORADO FURNITURE SPECTRUM ELECTRIC, LTD. CHRISTMAS MARKET
MOORE LUMBER ACE HARDWARE VILLAGE STAGE 10:30a SANTA COMES TO TOWN CHS LAB JAZZ BAND THE CONIFER CORALE BAND KAMP SANTA'S MILK & COOKIES COSTUME CONTEST CHRISTMAS PARADE AWARDS CONEXSMART	JUNE MCKENZIE RE/MAX ALLIANCE MARKET SPIRITS TENT BELLWETHER WARMING TENT WITH 80'S DANCE PARTY SNOWPACK TAPROOM MIDWAY SPIRITS TENT
VIP TENT BLUE LEAF / DAHLIA INTERIORS STATE FARM JENNIFER GANN TOY LAND LASER TAG & BOUNCE HOUSE	FOOTHILLS ARCHITECTS ROLLER SKATING RINK SKATE RENTAL AVAILABLE

EVENT INFORMATION

PARKING
WEST JEFF ELEM. SCHOOL, CONIFER COMMUNITY CHURCH, ASPEN PARK RTD LOT
** SHUTTLE PROVIDED FROM WEST JEFF ELEM. SCHOOL GATE **

PARADE LINEUP
WEST JEFF MIDDLE SCHOOL - OPENS AT NOON
ALL FLOATS MUST BE IN LINE BY 1:30P

CHRISTMASPARADE.GOCONIFER.COM
www.facebook.com/ChristmasInConifer



WE SUPPORT LIVING LOCALLY

CALENDAR OF EVENTS

December 1

Join us for our **31st Annual Downtown Evergreen Holiday Walk**. This much-loved nostalgic event is the event not to be missed during the Holiday season. FREE, 4-9 pm, Hwy 74 from the lake through downtown Evergreen

December 1, 2, 8, and 9

"A Christmas Eve Ghost Story" presented by Peak Academy of Dance. Follow Tommy and Jane on a whirlwind Christmas Eve adventure as they brave a blizzard and get swept back through time where they meet Linnea, a ghost girl, happily celebrating the holiday season with her family and friends in their 1883 Victorian mansion. Experience the children's surprise as they return home to their 1954 farmhouse to learn that Linnea's house burnt to the ground almost a hundred years ago. Friday, December 1st, and Friday, December 8th, 7:45-9 pm; Saturday, December 2nd, and Saturday, December 9th, 4pm & 6pm at the Indigo Bridge Theater, 26437 Conifer Rd, Conifer. <https://www.showclix.com/event/christmas-ghost-story>

December 2

The 40th Anniversary Conifer Christmas Parade on Sutton Road in Aspen Park. Enjoy a day filled with holiday trolleys, warm spirits, live entertainment, Christmas shopping, Santa Land and of course the very best small town Christmas Parade! FREE! The event kicks off at 10:30am and the parade starts at 2pm.

December 2

On the Saturdays between Thanksgiving and Christmas, the Evergreen Chamber hosts our **Breakfast with Santa** event. Each date will have the same menu and the same program, so choose the day and location that works best for your family. \$25/person, <https://evergreenchamber.org/santa-breakfast/> (no tickets available at the door). December 2nd will be at the Lariat Lodge, 27618 Fireweed Drive, Evergreen.

December 5

Connections & Cocktails, Ugly Sweater, 4:30-5:30 pm at Campfire Evergreen, 27883 Meadow Drive, Evergreen. Grab your ugly sweater and join new members,

ambassadors and seasoned members alike to network in a casual setting.

December 7 - January 6

The annual **Center for the Arts Evergreen (CAE) Member Show** spotlights the talent of our members and challenges them to create NEW and exciting artwork. This juried exhibition celebrates the vibrant arts community of the Colorado foothills, and you're sure to find a must-have piece to add to your collection. Opening reception is December 7, from 4-7 pm.

December 8

Holiday at Hiwan, 5:30-7:30 pm, at Hiwan Heritage Park, 28473 Meadow Dr, Evergreen. Free to ALL ages!

December 8

Center for the Arts Evergreen Art Bar: Hand-painted Wood Ornaments, 6-8 pm. This is a guided adult art project and includes 2 drinks (wine or beer). Come in for a girl's night, date night, team building, or just to find your creativity through art. New projects every month! Led by a trained instructor. No experience necessary. We provide all art supplies. Show up, be creative, and have fun! evergreenarts.org

December 9

Join us in Downtown Evergreen for **Second Saturdays** from 4-7 pm. 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.

December 9

On the Saturdays between Thanksgiving and Christmas, the Evergreen Chamber hosts our **Breakfast with Santa** event. Each date will have the same menu and the same program, so choose the day and location that works best for your family. \$25/person, <https://evergreenchamber.org/santa-breakfast/> (no tickets available at the door). December 9th will be at the Woodcellar Bar & Grill, 1552 Bergen Parkway, Evergreen.

December 16

On the Saturdays between Thanksgiving and Christmas, the Evergreen Chamber hosts our **Breakfast with Santa** event. Each date will have the same menu and the same program,

so choose the day and location that works best for your family. \$25/person, <https://evergreenchamber.org/santa-breakfast/> (no tickets available at the door). December 16th will be at The Wild Game, 1204 Bergen Parkway, Evergreen.

December 15, 16, and 17

The Evergreen Players presents **Gift of the Magi**. This classic tale of the true meaning of Christmas tells of a young husband and wife and how they deal with the challenge of buying secret Christmas gifts for each other with very little money. Center Stage Theatre, 27608 Fireweed Dr., Evergreen. Friday, December 15, and Saturday, December 16, at 7pm; Sunday, December 17, at 2pm. Suitable for audiences of all ages. Tickets can be purchased at <http://www.evergreenplayers.org>

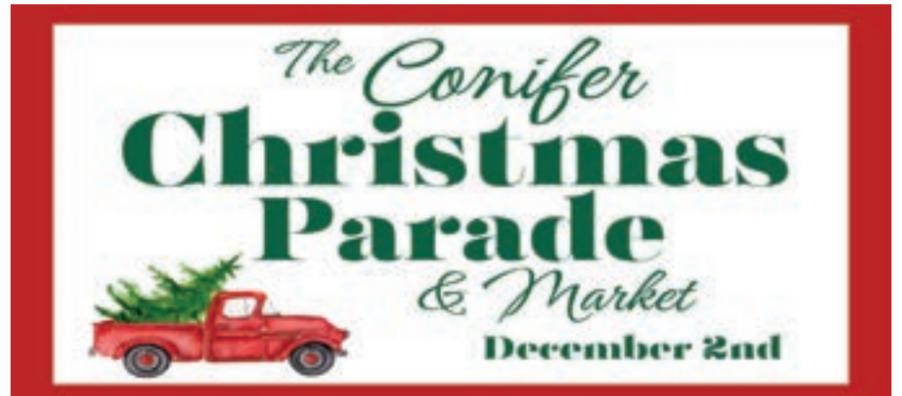
or call 720-515-1528 with questions and to request group ticket pricing.

December 17

Lessons and Carols, 5 pm, at St. Laurence Episcopal Church, 26812 Barkley Rd. Conifer, CO 80433

December 31

Celebrate the New Year with Evergreen Park & Rec District and the Evergreen community at **EPRD's Ice Fest**, from 10 am to 6 pm at Evergreen Lake. Open to all ages. The cost of tickets is \$30 per person ages 4 and up, children age 3 and under are free, with skate rentals at \$10 per child. There will be food trucks onsite. Tickets will be available for purchase on the day of the event on a first come, first serve basis. www.evergreenrecreation.com/310/Skate-the-Lake



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).

DECEMBER 2023



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.peaceworksinc.co/communitywellness

December 13

Dru Yoga 5:30-6:30 pm. Dru has a focus upon maintaining a healthy spine, through activational 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!

December 20

Winter Solstice Circle 5:30-6:30 pm. Life exists through rhythms and cycles. Join Sabrina for a special women's circle to celebrate the winter solstice. Enjoy a meditative candle-light practice, as you are guided along a journey within and identify and lovingly release what has served you. Then you can reflect upon the richness you'd like to plant and cultivate deep within. Leave prepared with the resilience you require to sustain during this next season.

December 27

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



<https://evergreenchamber.org/santa-breakfast/>

Build your community...
BUY LOCAL!





Conifer Christmas

With Rex Rideout and Friends

Conifer Christmas began as an expression of gratitude in 2016. This year it will once again be at the Venue Theatre in Conifer on Saturday, December 16, with two shows, one at 2 pm and another at 6 pm.

The show will present Christmas in song and story as it was celebrated in the 19th century West, as well as in Conifer itself, with a taste of Celtic music on the side. This year Rex will be joined by Norman Hughes, Dennis Swiftdeer Paige, and Marianne Gibbs. You can be certain to have a festive evening! This is a completely volunteer effort in thanks, and all proceeds will go to the theater itself, to the Conifer Historical Society, and to the Mountain Resource Center. There will also be a non-perishable food drive for the Mountain Resource Center.

The Venue Theatre Company • 27132 Main St, Conifer, CO 80433
<https://www.thevenue theatre.com/shows>

Gift of the Magi and Gift of Fools

Two Short Plays Based on Stories by O. Henry

DIRECTED BY KATHLEEN DAVIS

Evergreen Players is happy to announce our holiday double feature of *Gift of the Magi* and *Gift of Fools*. *The Gift of the Magi* is a short Christmas comedy adapted by Jon Jory from the classic holiday story by O. Henry. This heartwarming romantic comedy, narrated by a group of Christmas carolers, tells the story of Della and Jim, who are desperately in love but very poor. In their attempts to buy each other proper Christmas gifts, a strange twist of fate teaches them the importance of the gift of love. *Gift of Fools* is an unfinished O. Henry story reimagined and completed by local playwrights Scott Gibson, Kathleen Davis, and Marilyn Herrs. *Gift of Fools* is a humorous tale of five memorable characters on a snowy Christmas eve in the early 1900s. But who is the fool? It's up to you to decide. A charming story with an "O. Henry" twist.

Shows will be held at historic Center Stage, 27608 Fireweed Drive, Evergreen, CO 80439. Friday and Saturday performances begin at 7 pm, and the Sunday matinee performance is at 2 pm. Tickets are \$25 for adults, \$20 seniors, and \$15 students, and may be purchased online at www.evergreenplayers.org or by calling 720-515-1528. Group discounts are also available.

Gift of the Magi & Gift of Fools • December 15-17
 Friday and Saturday Shows @ 7 pm • Sunday Matinee @ 2 pm
 Tickets \$25 Adult, \$20 Senior, \$15 Student
 720-515-1528 or online at www.evergreenplayers.org
 Performed at Center Stage Theatre, 27608 Fireweed Drive, Evergreen CO 80439

The Evergreen Players is a 501(c) 3 non-profit organization producing six shows per year in the foothills. Established in 1950, the Players' mission is to create professional quality theater to inspire, engage and entertain. The Players' mailing address is P.O. Box 1271, Evergreen, CO 80437.



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2922 Evergreen Pkwy #B206
303.674.2475
mthomas@farmersagent.com
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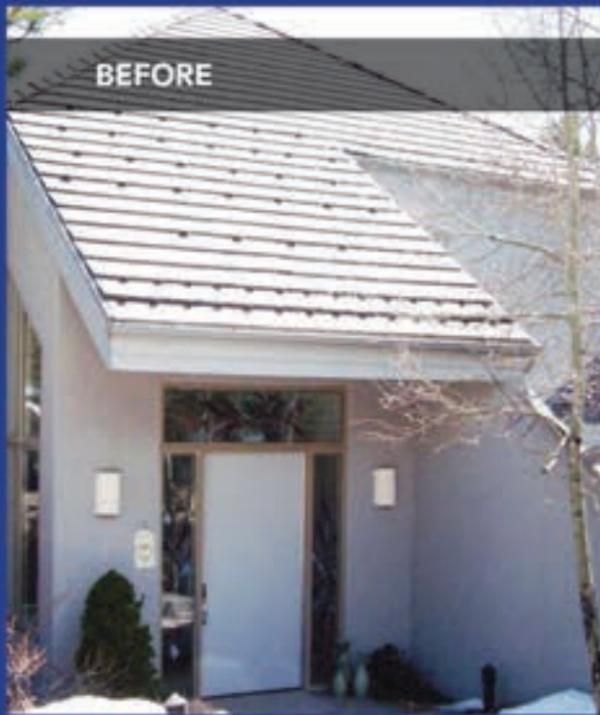
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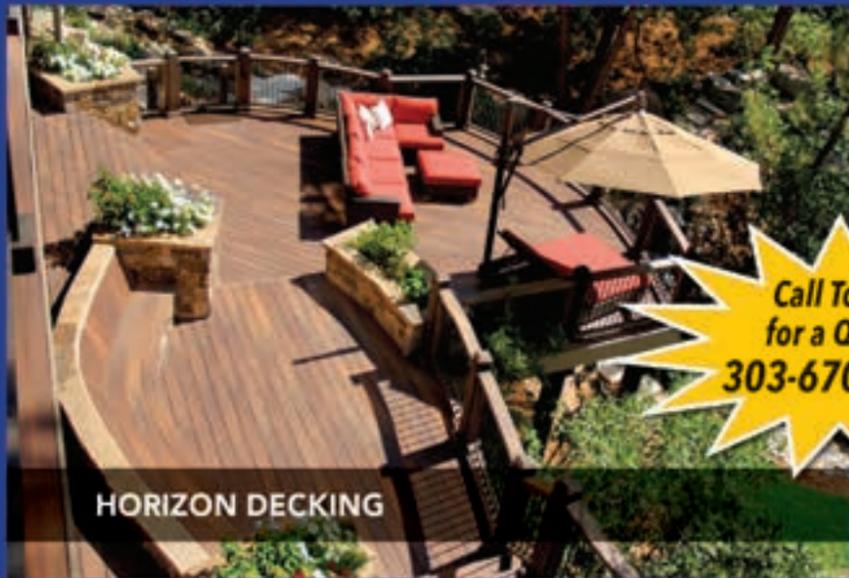
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