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APRIL 2024

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"Russ Colburn and Dog" by Tom Ware (Photo by Gary Loffler)
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— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

Connection to the Past



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Expo Wrap Up and Springtime Fun!

“Make plans now to get the most out of the sunny, warm days ahead.”

Hello! I hope this edition finds you not buried in snow, and looking forward to more spring days ahead!

In fact, have you thought yet much about how you will spend the spring and summer, especially with your beloved animal friends? Maybe this is the year you get a new puppy, kitty, fish tank, or even that horse you always dreamed about. I encourage you to consider this spring making a renewed commitment to your current animals to reach new heights and prolong their health. For example, go on more frequent walks outside, have daily playtime, or make that commitment to brush their teeth every day. And if you have trouble deciding what to do, or how to do it, there are tons of free videos on YouTube I have made just for you, to help you in your journey. If you have not done so already, please navigate now to YouTube and look me up, Jena Questen. There, you will easily find our channel @The1DrQ. Please subscribe today; it helps us so much and costs you nothing. Having more subscribers unlocks many new opportunities for us to access funding for our rescue, so please check it out, subscribe, and tell your friends; thank you!

So now what are we going to do at the ResqRanch to rise to the challenge of springing into something new this April? Keep reading to find out.

First, let me fill you in on the saga of the 2024 Rocky Mountain Horse Expo, which is now behind us once again; and what a unique one it was, especially for us.

Not only was I the on-site veterinarian for the event, but I was also a presenter, and we had a booth in the Expo hall. I was planning to haul horses to the event Thursday, March



14th, and scheduled to present on Friday the 15th, the first public day of the event.

However, you might have seen Janelle Finch, a 9 News reporter who came by the veterinary hospital to interview me about getting to the Expo before the big snowstorm, on Wednesday when the storm had just started to come in gently at first and then with a fury overnight.

Most of the people bringing horses to the Expo from out of state (and there were plenty) left early and arrived on Wednesday ahead of the storm. We were not able to do that because we had a very full day of appointments on Wednesday for folks who knew we were likely to be snowed in for a few days and didn't want to risk not having their pets seen before that happened. So we worked late Wednesday, committed to our clients, and I plowed snow with my little ATV that night hoping I would be able to get us out in the morning and that the weather folks were overestimating the amount of snow predicted.

Well, unfortunately for us, the weather folks were right, and we got so much snow all throughout the night and day (and another 2 feet of snow the next day) that I buried my little ATV and got it stuck first thing, so then my kids and I spent the next 2 whole days doing nothing but shoveling snow and asking neighbors for help; we still could not get out of our driveway, even with tire chains,

until late Friday night, long after I missed my presentation time. There was little hope of extracting the horse trailer from the deep snow. Oh, if only we had the funds for our tractor repairs! With our tractor we might have been able to get out on time.

Regardless, by Saturday morning we were out, and went early to the Expo, met up with our wonderful volunteers and set up our booth. I was so grateful we actually had our entire ResqRanch summer calendar done and printed to hand out to folks at the event. It is posted on our website for you, so please check out our summer events! While they did that, I checked in with the stall office and discovered there was a lame auction horse I needed to examine, which was ultimately pulled from the auction. As soon as I was finished with that, I looked at the event schedule and realized I was supposed to be on stage 25 minutes ago! I rushed around trying to find the Journey stage, and found a huge amount of empty chairs in front. With some trepidation, I put on my microphone, and just started presenting my information about why horse lovers should learn about and use positive reinforcement as the best training method for horses. It was a very odd experience, but within a few minutes many people showed up and listened to the last 15 minutes, so it worked out well after all!

Then it was time for another pass through the barn to make sure all the horses were

doing well, a walk through the Expo hall to meet up with some old friends, and then, suddenly, it was time for my afternoon training demonstration. The trick is that we didn't have horses to demonstrate with, so we had to arrange to borrow a couple of strange horses to do a training demonstration with! It actually went really well with me presenting the theory of training, while my daughter Zen was in the corral with the horse and its owner showing her how to get started using positive reinforcement methods. I am really proud of how my 14-year-old daughter is able to handle herself in front of a crowd!

After that, the weather was so sunny, nice and warm, we thought we might be able to get the horse trailer out, and bring our animals down to the Expo for the night and have them for demonstrations the next day. So we left our booth in the hands of our trustworthy volunteers and headed back to the mountains to see if we might be lucky.

To find out what happened then and read the rest of the adventure, please head on over to our website www.ResqRanch.org under our newsletter called the ResqRanch View. With any luck, by the time you read this we will also have a video of the event on our YouTube channel for you to enjoy. That way you will be inspired to attend the Rocky Mountain Horse Expo next year, barring another snowstorm of epic proportions!

So make plans now to get the most out of the sunny, warm days ahead; and if we can be of any help in your personal adventure, please ask! As always, thank you for reading, and God bless, DrQ and the Crew of Aspen Park Vet Hospital and the ResqRanch.

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

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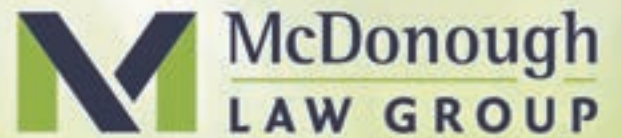
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connection to the past



Stone house at Hiwan Museum-playhouse

“This building dates back to 1931 and was originally built as a playhouse for the children of Eric Douglas, owner of Camp Neosho (Hiwan Museum).”



EVERGREEN ROCK STARS

ELAINE HAYDEN | EMAHS

The use of locally sourced materials is not a new concept. Over time, it has been logic, convenience, and availability that has determined the choice of shelter-building materials.

Often in haste, early shelters were constructed with material at hand, from rudimentary holes in the ground, i.e. pithouses of the Indigenous cultures of the Southwest United States, to the sod homes carved out of the barren prairies by early settlers, among a few examples. Mankind has been locally sourcing since the beginning of civilization.

Given the abundance of stone and timber in our mountain area, it comes as no surprise that our early structures were built of wood and stone, many of which remain today as a testament to the durability of the material. As evidence of stone's properties, the dry-stack (no mortar) field walls found throughout Europe have remained functional over the centuries.

The drive westward through the Bear Creek Canyon reveals the stone retaining walls that were constructed in the mid 1930s by the Civilian Conservation Corps (CCC), based in Morrison. Six retaining walls, standing as much as 20' up from the creek bed, remain today among the sheer granite cliffs on Hwy. 74 from Morrison to Idledale. The stone walls are not only utilitarian but also pleasing to the eye, adding splendor and character to the surroundings.

Part of the richness of landscape of our community identity is the stone construction found throughout our area. The Stone House, located just south of Hwy. 65 on Evergreen Parkway, is highly visible, familiar, and enduringly beautiful. Margo Hamilton reports that the Stone House was built from 1936-40 by Fred Blackmer, one-time Jeffco County Commissioner and landholder of a 6,000-acre ranch extending from Bergen

Park toward Central City. Fred inherited the property from his parents and quickly immersed himself in the ranching lifestyle beginning in 1923.



Blackmer's Stone House

The rock house was built as a gift to Fred's wife, Elvera. The house was affectionately known to the Blackmers as the Wedding House and is now referred to as the Stone House. The substantial 5,400-sq. ft. home was designed and constructed by Fred with the help of his young sons. By the early 1940s, Fred and Elvera realized the ranch was becoming a burden and found a buyer in Darst Buchanan from the Hiwan Ranch. The purchase of the property allowed Buchanan to increase his holdings in the Evergreen and Bergen Park areas.

Hamilton further revealed that despite the charm and desirable location of the home, the Blackmers were the sole family to reside in the Stone House, nee Wedding

House. In 1978 the house was transformed to accommodate the Soda Creek Development offices, which in turn welcomed Mary Clay Hiner's Stone House Real Estate offices. John Thompson, developer of the Ridge at Hiwan, headquartered his business office at the Stone House. The house has endured and serves as a testament to the lasting integrity of stone. Currently the Stone House Business Center at 1524 Belford Court is home to the Evergreen Chamber of Commerce and other business offices.



Jock Spence's keystone craftsmanship

An equally stately stone structure is the stone house at Hiwan Heritage Park and Museum (HHP). This building dates back to 1931 and was originally built as a playhouse for the children of Eric Douglas, owner of Camp Neosho (Hiwan Museum). The builder was the famed local craftsman and mason, Jock Spence. According to Connie Fahnestock, Spence's daughter provided documentation that Jock considered the playhouse as his "masterpiece." Built in a pleasing trapezoidal shape, the hand-chiseled native stones measure 36" at the base and taper to an 18" thickness at the top edge of the house. The artful placement of keystones above the door and windows add to the durability of structure, as these wedge-shaped stones provide necessary support

and secure the integrity of the span by locking other stones in place. The stone house at HHP is currently open for visitors and is used for the educational programs presented by the Evergreen Mountain Area Historical Society at Hiwan Museum.

Publicly accessible historic stone structures throughout our mountain area include the Brook Forest Inn, Chief Hosa Lodge, J.J. Benedict's shelter houses that dot the Denver Mountain Parks, and countless other stone treasures available to those with an eye for stone building techniques. There are also many privately held historic stone structures in the Evergreen area, including the Greystone Lodge, the 1920s-era Gates summer house on Bear Creek, and several homes on the Evans Ranch.

What some consider native resources, others deem found materials. J.J. Benedict's eye for native materials is summed up in a comment he made in the 1919 publication, "Municipal Facts," concerning his inspiration and material choice used in building the Chief Hosa Lodge: "Hosa Lodge was always there. It lay about before one's eyes as surface rock and spruce trees growing on the very ledge upon which it stands today." Those with a keen eye toward the uniqueness of stone masonry will doubtless discover that there are many more "Rock Stars" in our Evergreen mountain area to behold, many now found in the form of chimneys, early foundations, and walls.

Sources:

Fahnestock, Connie. *From Camp Neosho to Hiwan Homestead*, JCHS, 1985.

Hamilton, Margo. *The Heart of a Stone House*, coloradoserenity.com 4/15/2022.

Mesa Top. *Brochure from Mesa Verde Museum Association*.

Municipal Facts, 1919.

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



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I'm Just Sayin'...

*April
Think Spring*

Jeff Smith owner/publisher

It might be spring on the calendar, but the recent snowstorm reminded us that in Colorado the calendar doesn't really mean much. We had over two feet at our house at about 9000 feet. Some in the area had more, much more. We were blessed to have a neighbor come with his truck and blade and clear our drive. My snowblower wasn't up to the task. A great job was done by both Park County and JeffCo clearing the main roads, and within a couple of days they were dry as if nothing had happened. Our poor dog couldn't get out in the yard to do her business, so the driveway became her "yard" for a few days.

I did play golf a week after the storm. You gotta love Colorado.

I'm not sure April Fool's Day is as much fun as it used to be back in the day when you could prank your friends, siblings, and coworkers. Do kids still do that? Unscrew the lid on the salt shaker, turn the clocks up an hour, hide Dad's car keys? I don't know. It sure was fun back then, though!

Have Fun!

Iowa Hawkeyes – The Iowa Hawks women's basketball team won the Big Ten tournament and will now advance to the NCAA tournament as a number one seed. As of this writing they haven't had their first NCAA tournament game yet. They have a good chance of going all the way, but they are in a tough bracket and will probably have to play LSU, their old nemesis, to get to the final four. They have the most talent of any team in the tournament. Go Hawks!

Avalanche – Still looking good! They are in a great position in their division and have good wins over ranked teams. Just a few games left. Go Avs!

Nuggets – Also in a great position in their division. They will have a good seed if they continue to play well. They still have a few games left. Go Nuggets!

Quackadilly says:
"Spring is the time of plans and projects."
—Leo Tolstoy

NEWS ON THE POSITIVE SIDE

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May theme:
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from the experts



Residential Battery Storage? Wait 2 Years

BY REX HALBEISEN, VALORROOFANDSOLAR.COM



As an energy podcaster, trusted advisor, and expert, I frequently get asked, Should I consider a Tesla Wall or other manufacturer's large-scale electricity storage system for my home or business? The short answer for the vast number of scenarios is, in 2024, wait two years and reconsider. Let me explain why I take this stance.

For renewable energy generation and storage, the absolute first consideration is the type of green we all can relate to, money.

COST CONSIDERATIONS

The need for storage will be a hot topic for the next 7-10 years because of the nature of solar and wind. Both sources are unreliable. When the sun is shining, solar panels produce electricity; when the wind is blowing, retail (residential and small business) small wind turbines generate electricity.

Another cost consideration is the longevity and life cycle of the storage systems. Concerns persist about the longevity and degradation of these batteries over time. As large-scale residential storage systems are expected to have a lifespan of 10-15 years or more, the potential replacement cost plays a role.

MORE COMPETITION

Tesla was the pioneer in large-scale retail storage. The cost of residential large-scale electric storage solutions has been a significant factor limiting their widespread

adoption. Traditionally, the installation of battery storage systems has been associated with high upfront costs, primarily driven by the price of battery technology. The cost of lithium-ion batteries, which have been widely used in energy storage applications, has gradually decreased in recent years due to advancements in manufacturing processes and economies of scale. However, the initial investment required for installing large-scale electric storage systems remains a barrier for many homeowners and businesses. More competition has entered the market from firms like LG, Sonnen Eco, Panasonic, Briggs and Stratton, Franklin WH, and Goodwe, just to name a few.

TECHNOLOGICAL ADVANCEMENTS

Despite the existing cost challenges, there are promising developments in energy storage technologies that have the potential to drive down the cost of large-scale residential electric storage. One key area of innovation is the advancement of alternative battery chemistries. Research and development

efforts are focused on exploring new types of batteries, such as lithium nickel, lithium iron, lithium-sulfur, solid-state batteries, and flow batteries, which offer the potential for improved performance, longer lifespans, and reduced materials costs. These advancements could significantly impact the overall cost structure of large-scale electric storage systems by providing more affordable and durable energy storage solutions. Like all technologies, competition creates price reductions and improved products.

BIDIRECTIONAL CHARGE EVs, HUGE MARKET IMPACT ON THE HORIZON

This is my biggest reason to stay out of the market for two years. The largest amount of research in large battery innovation is in the Electric Vehicle (EV) sector. The EV concept is simple, moving a very large object very long distances. EV manufacturers with vision have made the jump to a technology called bidirectional charging systems where the EV has the same capability of being charged but also can, in turn, be used as a giant battery. There are currently 9 models of vehicles that are bidirectional: Nissan Leaf ZE1, Outlander PHEV, Hyundai Ioniq 5, KIA EV6, BYD Atto 3, BYD Han EV (Chinese BYD EVs, the world's largest manufacturer of EVs, are not available in the US), MG ZS EV (2022) and my favorite, the Ford F-150 Lightning. The Ford F-150 Lightning battery is 131 kilowatts, which is ten times the capacity of the Tesla wall. The facts are the Ford is a GIANT driveable battery. Bidirectional EVs will make the biggest impact on retail storage.

POLICY AND INCENTIVES

Government policies and incentives can also play a pivotal role in addressing the cost barriers associated with residential large-scale electric storage. Subsidies, tax credits, and favorable regulatory frameworks can make energy storage investments more attractive for homeowners and businesses, thereby accelerating the adoption of these systems. There is little doubt in my mind this will continue.

WAIT TWO YEARS

The rapid innovations in cost, technology advancements, and bidirectional EV charging suggest now is NOT the time to invest in retail storage. Let your local utility be your storage system. Let the market settle and revisit the topic in two years, as things are changing rapidly. These changes will no doubt be in the favor of the consumer, and this has been proven over the last seventy-five years with other computer technologies. Renewable energy generation and storage is technology, and exciting changes are on the horizon.



Sandy Goes Home

Great news! Last month's cover girl Sandy now has a forever home. The Evergreen Animal Protective League sorted through the adoption requests and settled on Douglas and Debra Olson as her new parents.

We would like to extend our thanks to EAPL and to Mountain Parks Adventure Camp & Pet Lodge for taking such good care of Sandy while she waited for adoption.



ALL PHOTOS BY GARY LOFFLER

MUSHIES CUP!

— THE SASQUATCH OUTPOST —

Has Anyone Ever Done a DNA Analysis on Sasquatch?

BY JIM MYERS



In today's world of advanced forensic crime labs and easy analysis of our own genetic origins, has anyone ever done a DNA analysis on Sasquatch? I mean, supposedly researchers are finding evidence for Sasquatch daily (hair, scat, tracks), and one would think that we would have a vested interest in getting samples analyzed to see what the DNA reveals, then make that knowledge public. The fact that Ancestry and other genetic history companies offer to do an analysis of your own DNA for a minimal cost of \$100 has given the public the idea that genetic testing is now affordable. This is true, but only half true.

All do-it-yourself DNA kits only test the mtDNA (mitochondrial DNA), which is inherited only from our mothers, and therefore only tests our maternal ancestry. These tests are affordable, but only give us half of the genetic picture. Nuclear DNA, which comes from the cell nucleus, contains vastly more genetic information, and is also vastly more expensive (\$4000 vs \$100). So, on a side note, just realize that your Ancestry test did not give you the full picture of your genetic makeup.

This brings me back to my initial point: the main reason why more researchers don't do genetic analysis on suspected Sasquatch samples is simply the cost. Very few of us are independently wealthy, and \$4000 is a lot of dough.

I do have one researcher friend who happens to be a surgeon, and who did a full DNA analysis on a sample he found on his rural farm property. Here's the story: He noticed that the playground equipment that he'd

built for his grandkids kept getting broken. And when I say broken, I mean the 4x4 main supports were snapped, like something VERY heavy had tried to use the swings and the slide. And this happened repeatedly. In the same way, two heavy Adirondack chairs that were out by the playground equipment were also broken beyond repair. So having his curiosity piqued, he started looking around and noticed a butt mark on the seat of a large metal chair on his deck. You could see the marks left by the hair on the back of the butt, and hair marks on the seat back. Then, when he looked more closely he noticed a mark in the middle of the seat that he believed to have been made by the vagina of whoever or whatever sat on the seat. He swabbed every area separately, froze the swabs for preservation, and started looking for a lab to do the analysis. This task proved to be a significant challenge, with multiple labs refusing to look at his samples (scientific bias against Sasquatch evidence). He finally found a lab that agreed, on condition that their name not be revealed. The results were fascinating. The summary evidence—for the sake of space—was that the samples were human, female, with positive genetic traits for hypertrichosis (excessive hairiness), and muscle hypertrophy (excessive musculature). So, whatever sat on that chair was a very hairy, very muscular, naked female. Have to think about that one for a bit.

Check out our podcast: Sasquatch Outpost Podcast, live every Tuesday at 6pm MST. Visit 149 Main Street in Bailey and email info@sasquatchoutpost.com.

— EVERGREEN HEALTH INSURANCE —

Don't be an April Fool

BY ED REGALADO



“Let me help you select the plan that is right for you.”

Every day, another 10,000 Baby Boomers turn 65. If you'll be one this year and wonder, “What do I do next?”, one of the first things you'll want to handle is enrolling in Medicare Parts A and B. If you're receiving Social Security benefits, you will automatically get your Medicare card, but if you don't plan to collect Social Security benefits until a later date, you'll have to request it. This process can be easy for some and challenging for others.

More and more people now have a Social Security account set up online at ssa.gov. Do you? I've helped many seniors with this process, and it's getting easier. If you haven't already, you'll need to set up a username and password and be prepared to take multiple steps to verify your identity. If you'd like assistance, give me a call and I'll be glad to help you.

Once you get into your SS account, there are two options, and this is where things can start to get complicated. The first option simply says, “Sign up for Medicare.” There is a little blue box with an APPLY ONLINE option. Most people should select this and start their application. The second option says, “Sign up for Part B Only,” and that blue box will say, “Get Started.” This is for folks who already have their Part A or delayed enrolling in Medicare Part B because they stayed on an employer group plan past the age of 65. Keep in mind that once your application is complete, it will take 2-4 weeks before you receive your Medicare card.

In the meantime, you'll want to learn about the various options you have for

health and prescription coverage once you become a Medicare Beneficiary. Changes in healthcare are ongoing, and you'll also want an idea of what's coming ahead. For instance, in 2025, as part of the Inflation Reduction Act, seniors who choose a Medicare Supplement plan and a separate Medicare Part D prescription plan will find prescription out-of-pocket costs capped at \$2000. This will have a significant impact on people currently managing high prescription costs.

Choosing a Supplement plan and Part D plan provides maximum coverage. Alternatively, there are highly rated \$0 premium Advantage plans that include prescription coverage in our area. There are a lot of choices to be made once you become Medicare eligible. It can get confusing, and what's best for you, personally, will depend on your needs and budget.

I'd love to see you on April 18th or any of the one-hour monthly Medicare seminars I'm conducting at the Stone House the third Thursday of each month. Seminars are free and a great opportunity to learn the basics and get many of your Medicare questions answered.

Don't be fooled by advertising that may enroll you in the wrong plan. Folks living in the Evergreen area have many excellent Medicare plans to choose from. Let me help you select the one that is right for you.

Ed Regalado is a certified broker located at 1524 Belford Court in Evergreen. Phone: 303-674-1945 or email: edregalado46@gmail.com.

— BUFFALO PARK DENTISTRY —

Spring Into a New Smile

BY ALEX ROBERTS



“There are many ways to improve your smile.”

Now that we got a historic spring snowstorm out of the way and can again comfortably fit two cars at the same time down our neighborhood roads, we can officially start thinking about spring. Snow activities will start transitioning into mud ones, then into the summer ones we love here in Colorado. Spring is a season of renewal after the cold winter months and is a good time to think about your personal goals. Are there any parts of your smile that you aren't especially fond of? Whether it be whitening your teeth, straightening them, or replacing missing or broken ones, there are many ways to improve your smile.

Sometimes old, worn-out dentistry can cause your teeth to become dark and unsightly. From old silver fillings to crowns that have broken porcelain or metal exposed, outdated dental work can commonly be updated with more modern materials and have a significant impact on the appearance of teeth.

It is estimated that 40 million Americans are missing all their teeth, and 178 million Americans are missing at least one tooth. Missing teeth can cause misalignment of the bite and unappealing gaps in the smile. Accelerated tooth wear can also be a result of missing teeth. By replacing missing teeth, we not only help stabilize the health of your mouth, but also improve its appearance as well.

If you have teeth that are crooked, crowded or just not in the correct spots, these can be repositioned by doing orthodontics or sometimes addressed simply by restoring the teeth with veneers and crowns. Some situations are best treated by utilizing a combination of both of these methods.

My patients often ask about the options to whiten their teeth, and there are three ways you can accomplish this: in-office whitening, custom whitening trays made at your dentist's office or over-the-counter products such as Crest Whitestrips. All of these products can work; it basically comes down to how quick and sometimes how thorough an outcome you prefer.

In-office whitening is performed at your dentist's office, and the appointment is typically about an hour and a half long. If you are looking for the quickest route to pearly whites, in-office whitening is the way to go.

The second option is making you custom whitening trays from stone models of your teeth. The trays are made in our office, and then you take them home with bleach that we provide you. The benefit of going this route is that you can do it in the comfort of your own home, on your own schedule, as often as you would like.

The third option is using products that you find in your local grocery store oral care aisle. These products can work; the results typically just take longer, and there is the risk that they may not whiten your teeth as evenly as the other options.

There are many things that go into a good smile, and I would be happy to discuss any concerns or desires regarding your smile with you. Call us now to make an appointment.

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Are you paying double-digit interest rates on credit card balances every month, or do you need cash for other purposes this spring?

Average blended rates look at your mortgage, variable credit card rates, and auto loans to help evaluate the amount of interest and costs of a new loan compared to the current loans. This is a great way to look at consolidating debt, resulting in much lower monthly payments, possibly saving hundreds or thousands of dollars a month.

Tapping into this available equity to accomplish your goals can be a great option! These funds can be used for down payments for a new primary, second home or investment property. Use the funds for improvements to your current home or investment property, tuition, family dream vacations, weddings, emergency funds or even upcoming medical expenses.

If you know your job situation may change soon, or retirement is coming up, it is best to plan ahead and get equity out now in case the new life situation hampers you from qualifying for a new loan. People often do not think about that when retiring or changing jobs, but you need to qualify for the new payment no matter how much equity you have or how much you may be saving by doing the new loan.

Get the cash you need for these items without refinancing that low-interest-rate first mortgage.

Wanda Norge, Certified Mortgage Advisor (CMA), Certified Divorce Lending Professional (CDLP), Loan Zone Mortgage, LLC (NMLS: 1870102), 21 yrs exp, 26 yr Evergreen Resident, Phone: 303-419-6568, loans@wandanorge.com, www.wandanorge.com (NMLS: 280102).

Possible options for accessing equity could be a fixed-rate second loan or Home Equity line of credit (HELOC). A home equity loan will provide a lump sum of cash without touching the first loan. It also comes with an interest rate that does not vary, so you know exactly what your payment is. Rates are typically lower than for a personal loan from the bank. The variable rate HELOCs are tied to the prime rate, which is the rate affected when the Fed adjusts interest rates.

The payment can be interest only for a set period before amortizing.

The interest rates, terms and fees for these second loans are based on credit score and the amount of equity you have in the property, so rates vary on a case-by-case basis. Some loans may require a full appraisal and others may not. These can be closed quickly, depending on the appraisal requirements, so anywhere from 2 weeks to 30 days is typical for you to gain access to the funds. Some allow you to borrow up to \$500,000.

It can be possible to use these second loans if going through a divorce situation as well. Let's explore options for a new purchase or divorce buyout. Ask me about the Divorce Advice Colorado (www.divorceadvicecolorado.com) meeting scheduled for April 13th, where you can get information from divorce coaches, mediators, counselors, real estate agents, and divorce lending professionals.

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As the snow melts away and signs of spring peek through in the mountains, it's the perfect time to think about enhancing your mountain home.

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most current advanced treatment and health requirements, ensuring that your system meets the highest standards of quality and environmental responsibility. Whether you're building a new home or upgrading an existing system, we handle all aspects with precision and care, ensuring peace of mind for you and your family.

- Creating Tranquil Retreats: Pond Construction**
 Transforming your mountain property into a serene retreat begins with a custom-designed pond. Our pond construction services allow you to harness the natural beauty of your surroundings, creating a tranquil oasis that enhances your outdoor living experience. We bring your vision to life, adding a touch of serenity to your mountain paradise with meticulous attention to detail and craftsmanship.
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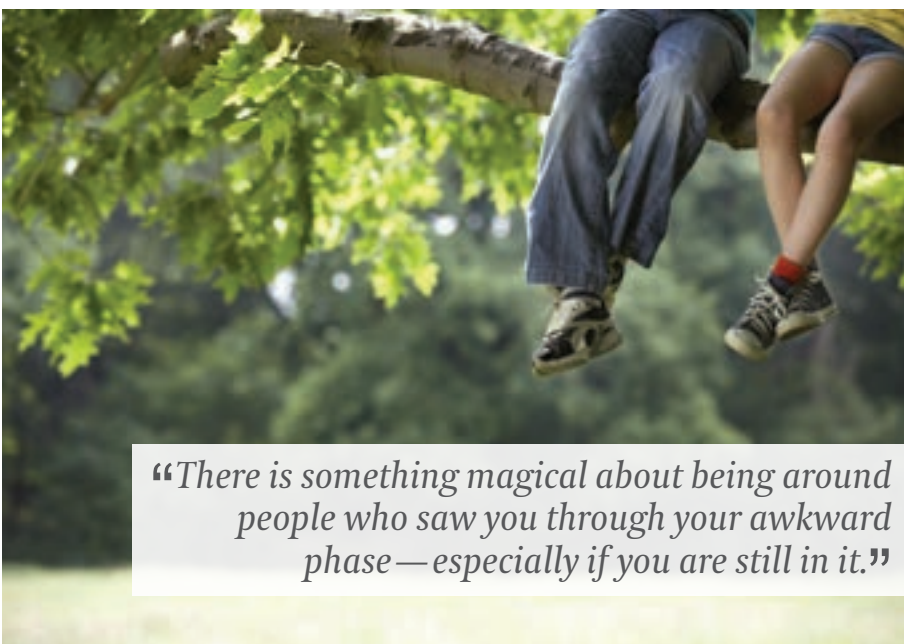
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Friendships and the Passing of Time

BY SHERRI KUHN



“There is something magical about being around people who saw you through your awkward phase — especially if you are still in it.”

Remember when friendships were easy? When nothing more than the question, “Do you want to play with me?” might win you a fun afternoon or possibly even a friend for the whole summer.

Playground friendships were often based on fleeting things: wearing the same sweater one day, liking the same snacks, or having the same teacher. By the time we are adults most of these brief liaisons are a distant memory, but they helped us navigate the often difficult territory of elementary school and beyond.

But once in a while, someone special remains important in your life beyond the playground. I am lucky enough to have 7 of these friends.

There is something magical about being around people who saw you through your awkward phase—especially if you are still in it. The friends who shared ice cream when you got your braces tightened, who listened when the cute boy broke your heart in junior high, who celebrated your successes and mourned your epic fails.

My tribe has seen it all. We collectively have 20 children we have raised to young adulthood. Our parenting skills were put to the test by those 20 children, but we had a jury of our peers available for support. We have shared the loss of parents and siblings. We have a years-long constant text thread that is equal parts hilarious and poignant, with advice given, condolences shared, high fives and kudos celebrated.

We have laughed until we couldn't breathe over memories from the past, as well as the current, everyday challenges of aging and life. The benefits of these friendships go far beyond a laugh or someone to console you when things are bad. These ladies are soul food for me. They touch a part of me that threatens to be buried by to-do lists, chores, and family obligations.

And this year we all turn 60.

So this spring, when the snow starts to melt and thoughts are turning to renewal and smiles and wildflowers, we set aside a long weekend to celebrate these friendships. We will laugh, cry, laugh some more, dance like nobody's watching, reminisce about the old days, and take a million photos. We take a long weekend to celebrate every 5 years on our “milestone” birthdays. But really, isn't every birthday a milestone? I think so.

As I reflected on what these friendships mean to me, I made a pact with myself. This spring, I am challenging myself both to be open to new friendships, and to find more of what this group of lifelong friends has added to my life. Because who couldn't use a few more belly laughs and inside jokes in their life?

Maybe matching sweaters or a favorite snack might help.

— ON THE MOVE FITNESS —

Everyday Decisions That Sabotage Weight Loss

BY DEB BROWN, NSCA CPT, CWC, CNS

As personal trainers, we work with many clients who are wanting to lose weight. As they go through their days, they encounter moments that can trigger unhealthy eating. The decisions that they make in those moments determine who will succeed in their weight-loss efforts and who will fail. Here are some of the top ones:



“Recognize trigger moments.”

1. Out with friends - The menu comes, you have a wine glass in your hand and, unless you have a plan, you will probably go along with your friends and mindlessly order (and eat) appetizers, a full dinner and dessert.

2. Running errands - After visiting multiple stores, your hunger gets the best of you. Unless you have a healthy snack or lunch that you have brought along with you, you either stop for fast food or have lunch/dinner at a restaurant.

3. Clearing the table - Little extra bites here and there really add up. Then before doing the dishes, you snag a few cookies. By the time the kitchen is cleaned up, you have potentially added a few hundred extra calories.

4. Late night hungries - You get hungry before bed, so you eat a small dish of ice cream or a handful of chips.

5. Dinnertime/home from work - When you get home from work, you are stressed. While deciding what to have for dinner, you pour yourself some wine and have some cheese and crackers. Then you have dinner. (See #3 and #4 above)

6. Vacation eating - There is no need to stay with any sort of strict eating regime while on vacation (or ever!). It will invariably backfire. Part of being on vacation IS indulging in delicious food. Here is where having a loose plan about how you want to eat and also practicing good portion control come in.

7. Watching TV and movies - Mindless eating can really get you into trouble here! Treat yourself to a small bowl or handful of yummy foods that you place on a plate. Don't eat out of the bag!

8. Emotional eating - Pay attention to mindless eating during times of stress, anger and boredom. If this is a habit, consider getting at the root issue.

How to avoid all of this? First, recognize trigger moments: what and when do you engage in unhealthy, mindless eating? Second, have a plan to eat healthy instead. Visualize the situation and how you will handle it. Make your plan non-negotiable. Do not talk yourself out of it. Do not let your friends or family talk you out of it. Stay focused on the end result. Little dietary changes that you can make throughout the day really do add up over the course of a week, month and year!

On The Move Fitness is a personal training studio located in Conifer. We will be celebrating 18 years of serving the community in May. For more information: 303-816-1426 or www.onthemovefitness.com.

A Skeptic's View

Individual Sports and Team Sports

BY GARY LOFFLER

“While there is nothing wrong with appreciating someone’s physical prowess, it is important not to let that extend into ‘do no wrong’ territory.”

I am sure most of you are as excited as I am that the disc golf season has started up again. The Denver courses are all pretty muddy, but the tee pads are clear enough to be safe again. Plus the Disc Golf Pro Tour is available to watch on YouTube. Life is good.

Still, it got me thinking about the difference between individual sports and team sports, both to play and to watch. When you play an individual sport, you know you have a chance to win, but it is not likely that you will win. Okay, maybe Serena Williams in 2002 when she won 51 out of 56 events. But for the most part, individual sports have a relatively small group of people who are likely to win and another larger group who could possibly win if they have a great event. When you play something like disc golf you spend most of your time simply trying to play your best and not worrying too much about winning. One of the best parts about watching an individual sport is seeing someone (insert your favorite sport-specific reference here). Cheering for a great play is a big part of the enjoyment. So even if your favorite player doesn't win, there are plenty of exciting moments to watch.

Team sports, by definition, require a team to play. The only time I ever see a baseball diamond, soccer field, or football field being used is during scheduled game play. Basketball courts are about the only place you'll see pick-up games. Participation in team sports is mostly limited to school-related groups, and even then only a small portion of the school's enrollment is on a team. Watching a team sport can be fun, if your team is winning. If your team is losing and the other team makes a great (insert your favorite sport-specific reference here),



“Just because you cheer for a team does not mean you have to approve of all of its players or of all the team’s policies or decisions.”

you are unlikely to appreciate it. No matter how skillful and athletic the play is, it is going to be painful to watch.

We could break it down to say with individual sports you watch the event and with team sports you watch your team. (I will leave some wiggle room here for watching an event that does not feature your favorite team but, as I am trying to make a point here, I will largely be ignoring that

situation.) When I watch disc golf, it is easy for me to just get caught up in the great plays, wince at the bad throws, and moan when bad luck rears its ugly head. Even though I have favorites, it almost does not matter who wins, as all the players seem pretty likable.

When watching team sports, it is much easier to get very invested in your team winning. For some people it is no big deal

if their team does not win, but for others it can be traumatic. They may accuse the refs of making bad calls, accuse the other team of cheating, blame mistakes on bad luck or some other unlikely circumstance. There can also be a tendency to idolize the team, its star players, or both. While there is nothing wrong with appreciating someone's physical prowess, it is important not to let that extend into "they can do no wrong" territory. It is easy to not notice or just plain ignore your sports idol cheating or mistreating other players or officials. It should be a simple matter to dislike a player on a team and still be a fan of the team; however, doing so can cause other fans to consider you not a "true" fan. For some, being realistic about their team's abilities just does not happen. Losses are ignored and wins are exaggerated. Their team is the best, regardless of what the statistics say.

There is nothing wrong with cheering for the home team, though I would point out that the main reason you cheer for them is probably because they are the closest team to where you live. Perhaps a more healthy attitude would be to think of the team and its players as separate things. Evaluating individual players is harder, but if there is someone on the team who generates more penalties than other players, it should be okay to question their value to the team. Cheering for a team does not mean you have to approve of all of its players or of all the team's policies or decisions. It is not disloyal to a team to not be 100% in agreement with everything or everyone related to that team.



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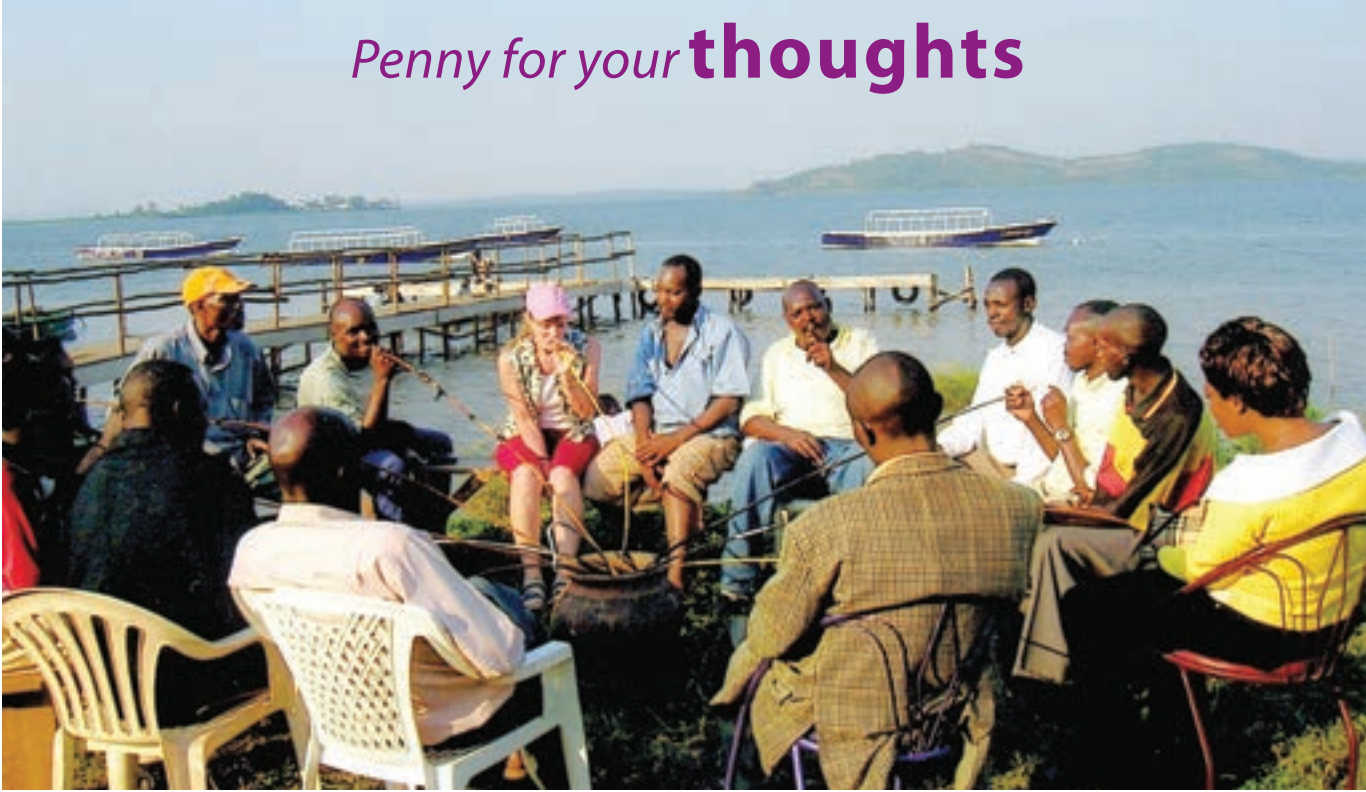
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Penny for your thoughts



African Facts

“People of Africa, you taught me how to love and forgive.”

BY PENNY RANDELL

Once returning from the African continent you may face issues that are challenging, to say the least. It does not matter how many days, weeks, months or years were spent abroad, you will have great stories that practically beg to be told. But where do you go to relate these accounts? Who will listen?

Unfortunately, few will take time to hear about your experiences, as most of the tales are too tall to comprehend. This is by no means a way to point the finger, but to recognize that comparing our American way of life to that of Africa comes at a price...TIME. Clearly, most stories of such worth can only be shared if the listener really cares and if there is TIME.

Prior to embarking on a journey to Africa, it would seem wise to take in a few facts that may just enhance your visit. Gaining a dependable understanding of African culture is greatly entertaining, as well as mind-expanding. Here you will find various descriptions of just how these folks get by. The following truisms are designed to aid you and enable you to tell your great stories when you return. As we skim the surface, take a moment to comprehend these significant facts. All kinds of adventure await, including Africans' all-out efforts to cut in line everywhere you go. Indeed, as the never-ending African beats soothe the soul, all residents are consumed in dance and the line is constantly challenged.

To begin with, it must be accepted that time does not necessarily exist in Africa. When a Ugandan says, “I am on the way,” that is your first warning that the arrival may never come to be. How about making an appointment? Same thing again. A noon appointment will probably come to fruition several hours later, if at all. There will be no excuses or apologies, either, for they have done nothing wrong. Clearly this is wearing on the nerves, and patience becomes your best friend. Americans are devout keepers of the time. Here, knowing what you are in for in advance can save the turmoil of exaggerated stress.

Next, we assess the overall attitude on the street. In many countries, especially Uganda, a sense of humor is prominent. Everyone is eager to laugh, and the teasing is infectious. Passersby are always up for a conversation, and words are slowly processed. Of course, a mzungu (white person) automatically gathers a great deal of attention, but if you can somehow share their thoughts and answer their questions, you are in for an enlightenment. Totally opposite from American custom, everyone will make a point of greeting you, regardless of clothes, color, age, or sex. More often than originally thought, women are called “Madam,” and no sexual advances are commonly seen. Even beggars are treated well,

being ignored only after receiving a gift of a couple coins.

Most of the street activities are laced with kindness. When a crowd of people have gathered for one reason or another it is crucial that everyone greets everybody. A simple fist-bump will do, as long as it's accompanied with a smile and penetrable warmth. Most Ugandans speak only slightly louder than a whisper. This has nothing to do with being shy, but is just another cultural trait. It remains important to hush any loud tones and actually listen to what others are saying. Chances are whatever they are saying will sport an element of humor that was cunningly tucked in.

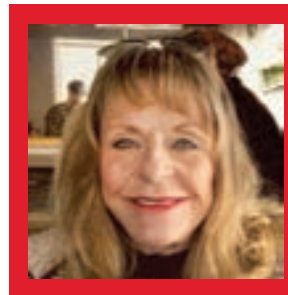
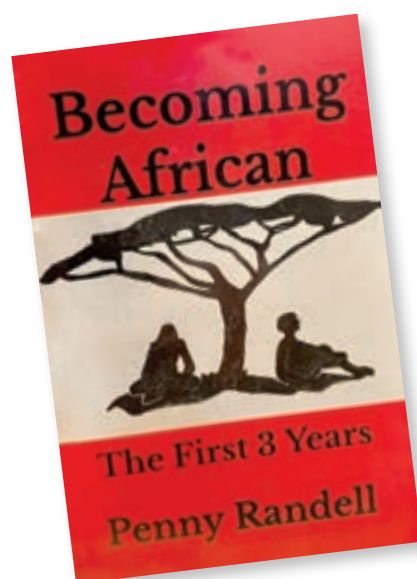
But, what if you are white in this land of black? You will be noticed everywhere you go, and there will be no getting away from it. You will be seen as a wealthy person whose very presence conjures up ideas of how to get some of your money. Of course, it is expected for you to pay for everything for everyone when you go out, and some might even ask for more than was originally agreed upon. At times it is necessary to actually stay hidden while friends attend to business. One glimpse of you and a price magically skyrockets. An example of this is the local zoo. The posted price for a non-resident of Uganda is to pay 15,000 shillings (about \$4.00) for entrance. A mzungu will pay three times that. Again, that's just the way it is.

Just imagine this: the majority of these

folks simply don't have any money. Some work for a dollar or two a day, and often less. Primary needs such as food are often ignored, and many often go hungry. Should the opportunity to steal present itself, money or merchandise can disappear right before your eyes. Africans are wise and aware. They know how to get what they want. Some who lean toward honesty will state up front that you should hide your money, for they admit to stealing. If a Ugandan is caught stealing, laughter will replace shame. Considering our American lifestyle and the money we have to spend, it becomes comprehensible. Yes, theft is forever present, and the threat of it can definitely be a drain on a visitor's compassion.

A hearty appreciation of cleanliness is the norm. These folks even sweep the ground with their handmade brooms constructed from tree branches. In capital cities most residents dress to “look smart,” as they join workforces in the fairly recent middle class. But closer to the heart is the widespread commitment to a higher power. It is rare to engage in a conversation that doesn't make its way to their personal “Lord and Savior;” a testimony to their unshakable faith. When reaching a desired destination safely, they always praise God openly. You see, the overwhelming, congested streets leave you vulnerable, and it is easy to get “knocked” and disabled. Their all-day Sunday church service is what they carry with them all week and remains a mighty resource for strength.

Their stories are endless, backed by a contagious and powerful commitment to a happy life, despite extreme poverty. These are people you would be blessed to know. Should you ever have the opportunity, reach out and grasp it with both hands—and know you will be changed forever.



Penny Randell's memoir *Becoming African—The First 3 Years* is a gripping account that can also serve as a travel guide to the continent. It's a true story that reads like an adventure novel, with plenty of intrigue, danger, and narrow escapes. She and her son successfully uncover the well-kept secrets to surviving and ultimately thriving in the land where nothing is as it seems, and what you don't know can kill you. Available at [amazon.com](https://www.amazon.com)

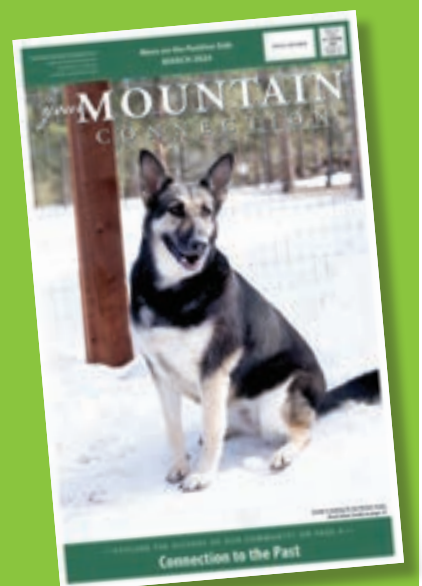
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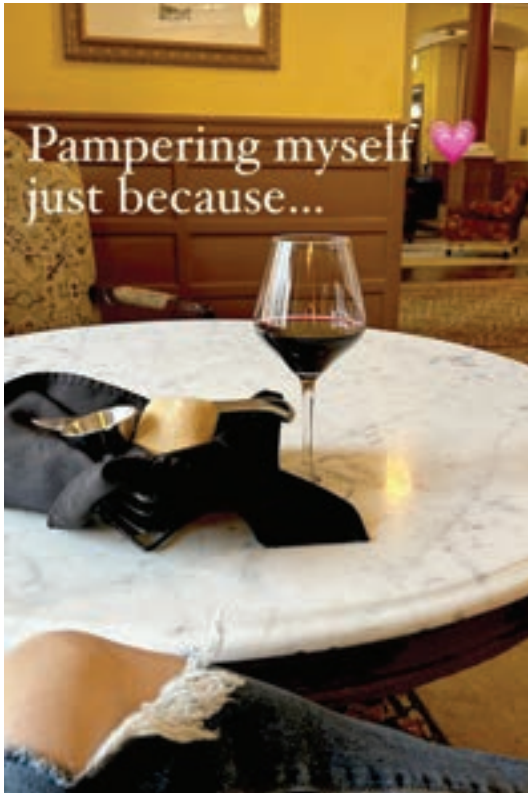


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Remember Who You Are

BY LISA PLUMMER SMITH



“We have the power to distract ourselves and change our thoughts from worry to gratitude. Any amount of gratitude improves your day.”

Sometimes you just need to hit the reset button and pamper yourself, just because. Life moves quickly when you are busy, and weeks seem to fly by. Making your physical and mental wellbeing a priority is a big step. We have the power to distract ourselves and change our thoughts from worry to gratitude. Any amount of gratitude improves your day. Sometimes when I find myself spinning in my head, I breathe deeply and count backwards from 5 slowly, tell myself “remember who you are,” and bring forth a treasured memory of when I felt happy and powerful.

From a young age I was horse-crazy. We lived near a boarding stable, so I would visit and pet the horses. Every once in a while someone would let me groom their horse, and I once got to “test ride” a horse in which I was interested in “half leasing,” in which the owner of the horse splits the horse’s expenses and riding time with a lessee. My siblings and I would rent horses and trail ride whenever the opportunity arose, and I longed for a horse of my own.

When I was in sixth grade we moved from the city to the country, and I was finally able to get a horse and keep it at home. Horses

became my salvation. When I have faced the darkest moments of my life, they have always been there. I kept horses through high school and took a horse with me from Anchorage to Juneau during the legislative session when my father was a lobbyist for Chevron in 1983 and 1984. That involved a trailer ride, a ferry ride and complete readjustment of my social life, which at 16 seemed like the end of the world.

Juneau is the capital of Alaska and is on an island that has mountains to the water. I enjoyed my time there; I got to swim my horse in tidal pools, see Mendenhall Glacier, and live a very different life than I had experienced to that point: living in a busy walkable downtown, going to a different high school where I knew no one, navigating a new horse community. It was exciting, but daunting. At this high school they had a 20-minute break mid-morning for the students to socialize; it was pure torture for me. I had art before this break and would stay in the art room and finish my work rather than stand awkwardly in the hallway with kids I didn’t know.

I went to college in Washington state. Wheat fields and rolling hills were a big change for me, and I was surprised to meet students who had never been on an airplane. With Alaska being so remote, we had traveled by plane from a young age. It all comes down to what you are exposed to and near. I had never been to a musical when I went to college. I had never traveled outside of the US and I didn’t have a passport. This was before the age of the internet and cell phones; it was a different world.

However, I did have a bank account of my own by the time I was in college. I began making decisions about my education and future with the help of my father, who raised me primarily by himself after losing my mother in the meningitis epidemic of 1969. I

remember being independent from a young age, dressing, feeding and walking myself to the bus stop for kindergarten since my dad worked and my older siblings had school that started before mine. Making phone calls myself if I was interested in doing something was required, and although we didn’t have cell phones, my father always took our calls when we called his work during the day.

Having horses as I was growing up taught me so many things: work ethic, finances, dedication, and discipline. They also gave me confidence, comfort and purpose. I treasure my childhood memories. When I was 18 my father started another family, and I went from being the baby to being a big sister to two beloved siblings. I became their sister/mother, and they have enriched my life beyond words.



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Dogs, Dogs, Dogs

BY CATHY KOWALSKI

I had a friend once tell me that she didn't want gifts anymore, just experiences. Good Times Adventures for dog sledding is definitely an experience.

Most dog sledding excursions involve you sitting in the sled and a musher driving. Not at Good Times—you take turns being the musher and the rider. Our guide, Will, was knowledgeable and educated us on how to run the sled while giving us personal information on each Siberian husky on our team. Guides yell and use hand signals to tell you when to slow down, when to hit the brake, and what's coming up, tailoring the experience to every group. In our hour-and-a-half session, we took turns with two other couples riding in the snowmobile sleigh and working the dogs. This unique tour winds through the trails of Swan River Valley outside of Breckenridge with 164 Siberian huskies taking the lead.

The life of a sled dog at Good Times starts with their breeding program. Most of the dogs in their program were born there, but every couple years, to keep their breeding diverse, one or two dogs come from another kennel. It starts with choosing the parents, looking at physical health, any medical issues, and body form. Then mental intelligence: leading abilities, motivation, and drive. Friendliness is also an important quality, as their visitors pet and interact with the dogs every day. For their first year they live with their siblings.

Their mother teaches them how to play, how not to play, and social skills for 6 months of that year, and then she returns to working as a sled dog. The puppies are usually born in the spring, so in the summer they open their kennels to hour-long tours. People can walk around the kennel with a guide and hold and pet a puppy from 4 weeks to 6 months old every day. Summer tours start mid to late June, depending on snow melt and mud. Early training has puppies chasing staff on snowmobiles and ATVs so that they learn that running and chasing their brothers and sisters is fun.

At 10–12 months they are put in harnesses and start running on trails. Practice tours help them get comfortable being on teams with different dogs, looking for that good partner that works with each dog. Commercial tours with guests start at 12–13 months.

When the dogs decide that they don't enjoy it anymore, or they can't keep up, they retire. The dog decides when that time is. At that point they get adopted out, preferably in colder states. There could be young dogs that develop hip dysplasia at an early age or another physical condition that makes it time to retire. The adoption program is very

special, as the staff has lived and worked with these dogs for their entire life. It starts with a lengthy conversation that is specifically about each dog. One might need a home where they will be going skiing or mountain biking every day, or another may be a dog that just wants a great home with lots of belly rubs. They do their best to find the right human for the right dog. There is an option that if a dog wants to live out its life after retirement with Good Times, it will be taken care of.

If you want a great family-friendly adventure, check them out. Thanks to Will Bradford for providing the information for this article. Good Times Adventure dog sledding can be contacted at 970-453-7604 for reservations, or for further information check out <https://goodtimesadventures.com/dogsledding.html>.



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



THINK SPRING

BY ANNE VICKSTROM

“Spring is a spectacular time in our mountain community.”

Spring in our mountain community can be baffling to new arrivals. They know it officially arrived March 19, and after enjoying a number of Colorado blue-sky teaser days, when many were back to wearing shorts, they mistakingly thought it time to pull out the patio furniture. Nope! It only takes living in Colorado through one spring season to learn to never let your guard down.

Locals know that when we start itching for spring skiing and bike outings, and patiently wait for the icy patches to clear from our favorite hiking trails, we can get walloped with a couple feet of snow. Patience is the key. Keep the shovels handy, the boots beside the sandals, and don't think about planting until after Father's Day.

Last month, first-time newcomers learned about Colorado spring when we were treated to one of those “upslope” storms, yet another new expression for a rookie to our region. Meteorologist Mike Nelson explained the term: “When we get a storm system...with a strong low pressure system over the southeast corner of Colorado, with that low, we get a counterclockwise circulation. That means the winds swirl around the low pressure system, pulling moisture from the Gulf of Mexico and then pushing that around the low into northeast Colorado and bringing some of that heaviest moisture right along the Front Range.” Oh, so THAT'S what “upslope” means! That's why we dealt with feet, not inches, of snow.

One of the biggest storms was 21 years ago when mountain folk found themselves



dealing with 72 inches—that's 6 FEET—of snow. It happened the week of Jeffco spring break, so many weren't in town to face it, while those who stuck around had tales to tell.

One friend took turns with her husband to shovel throughout the event so as not to have too much snow to handle at one time. I can't imagine shoveling at 3:00 am, but they never had to pay for a plow. Another family saw it coming and prepped by bringing their stack of wood under the deck in order to be able to just grab a log without going through snow. They ran to the store and supplied themselves with milk and other essentials, and then were off to Block Buster to rent a variety of movies. They had candles at the ready for when the power went out, and they call the storm of 2003 “one of the best times in our lives.” Meanwhile, a single friend with two children had horrific stories

of crawling out her window, onto the roof, to collect a pile of shake shingles from a recent roofing job. She told me they burned so quickly she might as well have burned tissue paper. It was a terrifying experience for her.

I was living in New Jersey at the time, and I spent those days watching news reports of places I missed back here at home. I recall trying to make out what buildings they were showing covered in a tall person's height of snow. The most comforting news came from my mother, living alone, who reported that she had so much time to read, she was “down to reading the Smithsonian Magazines” she had set aside. Having rented out our home while living back east, we received a call after the storm that went: “Remember that tree that used to be in the middle of your deck?” That's never a good thing to hear. No one was hurt, and that's all that mattered.

Hopefully, spring storms are past, so I'm ready to wake when the sun is already up to greet me, I look forward to greedily absorbing the late-evening sun flooding our deck, and I'm anxious to rake up the winter muck that has collected, helping those bright green shoots to pop their heads from below. The flowers will wait a bit longer to show their bright hues, but we'll patiently wait, content with just warm sunshine for now.

For me, the best part of spring's arrival is the call of the outdoors. As the weather warms, it's so easy to get outside. No hunting for boots and hats and gloves. Simply jump into shoes and head out the door. Even my “I'd rather not” dog is excited to take a walk again when the birds and squirrels are chirping.

With the later sunset that make days longer until summer solstice in late June, there's time for after-dinner walks, and I most love encountering neighbors who take time to stop and have a quick word, or better, a long visit, not leaving until the sun sets behind the mountain.

Spring is a spectacular time in our mountain community—even a newbie knows that! Happy spring!

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

COOKING CLASSES WITH... **CASTLES & KITCHENS** ✕

APRIL FUL

BY FRANCESCA ARNIOTES

Here's something fun: "Ful" is a thing that's good to eat. So is "fool." No joke, absolutely true.



Fool is an English dessert of stewed fruit, gooseberries being the classic, folded into sweetened cream. The word probably derives from a French verb meaning to crush or press, as you would grapes. Among the many curious fears that plagued medieval folks was one that raw fruit was dangerous, and to consume it safely it must be thoroughly cooked. Mixed with clotted cream—that is, cream which is slowly heated and then slowly cooled to create clots which serve to preserve its freshness—stewed, mashed fruit pulp became *foole*, first mentioned in writings from the 1500s. In the 18th century, when sugar was no longer such a luxury item, it was added to sweeten cream that, with the recent adoption of the use of forks, could now be whipped. Sometimes eggs were added to create more of a custard. But in modern times a fool has settled in as, at its heart, pureed fruit. According to the Larousse Gastronomique, fruit of almost any variety is cooked with very little water and passed through a sieve. The pulp is sugared and kept cool on ice. Then at the last minute whipped cream is added, in the proportion of two to one, mixed gently and served in sherbet glasses. Try it.

A fun bit of trivia is that a fool was also known as a trifle until around 1750, when a trifle emerged as a separate entity, with the addition of bread or biscuits soaked in fortified wine and layered with custard and fruit. An elevated dish for fancy occasions, a trifle sometimes included a layer of, I'm sorry, calves-foot jelly or even lobster. Trifles became all the rage in the late 18th through the 19th century. Cookbooks from 1760, 1865 and even 1974 are full of trifle recipes. Coronation trifle, featuring Yorkshire parkin, ginger custard, and strawberry jelly, was created in 2023 for King Charles III's ascent to the English throne. Google *Adam Handling's Coronation Trifle* for the recipe.

The Egyptian proverb goes: "The rich eat *ful* for breakfast, the poor eat *ful* for lunch, but only animals eat *ful* for dinner."

In Morocco they say: "Every man believes that his *fool* are the best."

Ful or ful mdammes is a breakfast dish of the Middle East and North Africa which originated in Egypt. Ful is mentioned in the Jerusalem Talmud, indicating that stewed fava beans seasoned with salt and oil were eaten as far back as the fourth century. Evidence at archaeological sites, however, suggests Neolithic people cooked fava beans in much the same way as is still done today. Today, ful is the national dish of Egypt. It has many delicious variations of the basic dish of comfortingly soft, slow-cooked fava beans with olive oil and cumin, sometimes including aromatics, vegetables, and herbs. It can be accompanied by tahini, tomato, chili peppers, eggs, and may include other types of legumes, such as split peas. Ful came to full prominence in the middle ages in Cairo where the public baths heated water over open fires in huge clay cauldrons. At night when the baths closed, the embers

FUL Serves 6

This recipe from Syria and Lebanon is a brunch dish, served with Feta cheese, glossy black oil-cured olives, cucumber slices, and plenty of pita bread. You can buy canned ful mdammes at Middle Eastern groceries like Gulzar's in Aurora and then start with step 4.

- 1 ½ c dried favas
- 2 T red lentils
- 1 onion, halved
- ¾ t salt
- (Or substitute 2–3 cans of ful mdammes for above)
- 3 cloves garlic, minced with 1 t salt
- ½ c fresh lemon juice
- 5 T best olive oil
- ½ c parsley chopped
- Salt & pepper
- 1 tomato, seeded, cut tiny
- Lemon wedges
- 6 scallions, shredded

1. A day ahead, wash beans until water runs clear. Soak in water to cover 12–18 hours. Discard any beans that float.
2. Drain, rinse and boil, covered, in a deep, heavy pot for 10 minutes.
3. Add the lentils and onion, cover, return to boil and cook over reduced heat, without stirring, about 2–4 hours or more until beans are tender. Add cold water as needed to keep beans covered. Stir in



salt, remove from heat and cool. Discard the onion. (This keeps, as is, 2–3 days in refrigerator.)

4. A half-hour before serving, place the beans and cooking liquid in a heavy saucepan. Simmer 10 minutes. Remove from heat and beat in the garlic, lemon juice and 4 T of oil. Partially crush the beans. Fold in the parsley. Correct seasoning with salt and pepper to taste. Pour into a shallow serving dish and drizzle with remaining oil. Garnish with lemon, tomato and scallions and serve warm or room temperature with the accompaniments mentioned above.

Note: Soak and cook beans in soft water. The quality and age of the beans will determine cooking time. Every size and shape of fava can be used. The best ones here are small, smooth, beige-brown ones from Canada.

continued to burn hot, so the people who lived in the neighborhood threw fava beans into the cauldrons and left them to simmer all night. In the morning cookshops all over the city bought the ful from those enterprising wholesalers.

Fool around with the recipe in this article and have some April fun.

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Evergreen Chamber Ribbon Cuttings and News



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4th of July is BACK!

BY NANCY JUDGE



There has been a void in our community for the past few years on July 4. Many of us run or walk the Mount Evans Freedom Run and then we go home! That is changing this year. Stay tuned for more details to come, but do not make plans to go out of town this year. Old-fashioned, family fun will be had right here in Evergreen!

One of the tenets of chambers of commerce is that “Chamber supports Chamber.” We encourage our members to always look to other chamber members when they need a good or service. When someone calls, emails, or stops by our office for a referral to a business, we will only refer them to members of our chamber. Based on the way that our Foothills businesses came through the pandemic, I would say that our community is very supportive of our local businesses. The disconnect I see is on community pages on social media websites.

When I was growing up, my mother often told my siblings and me, “If you cannot find something nice to say, don’t say anything at all.” With so much of our communication

these days electronic—text, email, a post on a social media site—that requirement of having to look someone in the eye when you say something that is not nice is lost. And it makes it easier to say something that tears someone down. There is the added complexity that we cannot detect someone’s tone in a plain text or post to know whether they are joking or being sarcastic.

Please remember that this is a small community, and if you did not have a positive experience at a local business, that is truly your experience. There really is no need to share this experience with everyone else. If you do not have something nice to say about someone or some business, then don’t say or type anything at all.

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

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



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From all of us at
your **MOUNTAIN CONNECTION**

Happy SPRING!!

Conifer Chamber Ribbon Cuttings and News

SAVE THE DATE

**Conifer Area Chamber of Commerce
Annual Awards Celebration**
April 18, 5-8 pm at Woodlands

Elevation Celebration
July 27 & 28 on Sutton Road

Christmas in Conifer
December 2 on Sutton Road





Guarding Trust, Promoting Local Prosperity

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

At the Chamber office, we field numerous phone calls, but one particular conversation left a lasting impression

A retired law enforcement officer within our community reached out to recount a recent encounter with a company he discovered online. Needing his dryer vent cleaned, he opted to support a local business and found what appeared to be a legitimate business through an online search. Despite a seemingly promising website, several red flags emerged during their visit. The company claimed to have sprayed sanitizer in the vent, rendering the dryer unusable for three days, and their credit card reader conveniently malfunctioned, requiring a cash payment. Unfortunately, the retiree discovered three days later that not only had his venting system been damaged, but it hadn't been cleaned either. Frustratingly, he found himself without recourse. Fortunately, a Chamber member, Chimney Doctor, came to his aid, cleaning and repairing his system at half the cost charged by the unscrupulous company.

This incident prompted us to emphasize the Conifer Chamber of Commerce's role as a reliable reference point, ensuring informed decisions when seeking products or services. Through our comprehensive online and printed directory, residents gain easy access to a trusted list of local businesses. The chamber's endorsement signifies adherence to ethical standards, reducing the risk of falling victim to fraudulent practices. Our members, deeply committed to the Conifer community, contribute to local organizations sponsored and supported by businesses. By choosing local businesses, you not only receive quality services but also indirectly support community initiatives. Access our printed and online directory at GoConifer.com or scan the QR code provided. For any queries, contact the Chamber office at 303-838-5711. Our community's well-being is our priority.

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



COMMUNITY RESOURCES



Digital Version of
the Community
Guide



Chamber Online
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Directory

WE SUPPORT LIVING LOCALLY

Poet's corner

It's Spring

BY JEFF SMITH

*It's spring you know
Buds to blossoms
Coming out of hiding
Like a bear—hungry*

*Green knife-point shoots
Breaking through the earth
From their hiding bulbs
Seeking water and sun*

*Snow melting into creeks
Then streams, then rivers and lakes
Rushing over small rocks
And around large ones
Giving trout a new
hiding place to feed*

*And hearts dancing
To be outside
And love someone
And feel free, and love someone*

*Heading towards
the heat of summer
And the passion of the mountains
And the truth telling
And the heartbreaking of fall*

*But for now, it's spring you know
Buds to blossoms
Coming out of hiding
Like a bear—hungry*

Utmost

BY NICOLA CACCAVALE-MCCRAY

*Winter wound its silvery, icy thorns deep into my heart,
whispering wind against my skin with the echoes of your sweet nickering,
heavy silence haunts the air.*

*I will breathe again in spring when the sweet blooms fill the air
and remind me of your gentle soul,
the thundering of your hooves against the ground will
come alive in the dream of a wild storm.*

Think Spring

BY TIFFANY W LOCKWOOD

Spring is a season of excitement for me. A time of firsts, each of which brings promise of more to look forward to. I smile when I hear the first song of a bird. So silent throughout the winter, they spring into song and brighten my day. I walk through my yard, lean over and brush some pine straw aside, and there it is, that little bit of green pushing through the dirt, testimony that my hard work last fall was all worth it, and knowing that soon crocus and daffodils will bring color to my world. I love spring.

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@yourmtnconnection.com). We will published as space allows. Information must be received by the 10th of each month prior to the date of publication.

CALENDAR OF EVENTS

April 1-17

The Wizard of Oz at Center Stage. A musical retelling of everyone's favorite classic movie. Follow Dorothy down the yellow brick road and beyond! Fridays and Saturdays at 7:30, Sundays at 2:30. ovationwest.org

April 4, 11, 18, and 25

Join us from 4-7:45 pm for **Thirsty Thursdays at the Blackbird Cafe**, located at 25940 Highway 74 in Kittredge. There will be weekly entree specials and live music!

April 5

Sparkle and Shine Business Awards and Gala, 6-9:30 pm, Evergreen Lake House. \$75: Dinner incl. evergreenchamber.org

April 5, 12, 19, and 26

Cactus Jack's is always the spot for the best live music in Evergreen. Enjoy outstanding live music every Friday, from 8-11:55 pm. evergreenlivemusic.com

April 8

Evergreen Audubon Family Snowshoe Event, 1-3 pm, 1491 Argentine Street, Georgetown. Explore the beauty of Colorado's winter wonderland on a guided snowshoe hike in Georgetown! Kimberly Knox of Georgetown Outdoor Discovery will be leading snowshoe hikes with Evergreen Audubon each month through April! Kimberly is an experienced outdoor guide who strives to make it fun and safe for folks to build their outdoor skills and have their own successful adventures. Whether you are a first-time snowshoer, or an experienced trailblazer, we'd love for you to join us! Snowshoes will be provided, but you are certainly welcome to bring your own. evergreenaudubon.org

April 8

Solar Eclipse Watch Party at Floyd Hill Meadow, 11:28 am-1:54 pm. Mountain Area Land Trust invites you to watch the solar eclipse at Floyd Hill Meadow where, weather permitting, you'll see a partial eclipse (72%). Be sure to bring a camping chair and blanket for a comfortable viewing spot in the

meadow. MALT will provide solar glasses to the first 50 attendees who RSVP! Location: Floyd Hill Meadow (near 105 Beaver Brook Canyon Rd, Evergreen). **RSVP: malt@savetheland.org or (303) 679-0950**

April 14

Boogie @ The Bear, live music fundraiser, 1-8 pm, benefiting PeaceWorks. Featuring Black Cat Zydeco, supported by Jon and The Locals. Tickets: \$25 Advance, \$30 @ the door. www.boogieatthebarn.com

April 16

Evergreen Chamber Connections and Cocktails, 4:30-5:30 pm at the Woodcellar Bar & Grill. evergreenchamber.org

April 19

Friday Cafe, 11:30 am-2:30 pm, at Christ the King Church, 4291 Evergreen Pkwy., Evergreen. This luncheon is for seniors who would like to have a scrumptious luncheon along with music and an enjoyable afternoon out. The lunch menu changes each month. Great fellowship, fun and entertainment will be in store! seniors4wellness.org

April 21

Picture This: Evergreen in Photos. Evergreen Mountain Area Historical Society invites the community to a free local history photo presentation and sharing event on Sunday, April 21, 1-3 pm at Timbervale Barn (park at Hiwan Museum). **Details at EMAHS.org**

Save the Date: June 22

Keep your hard-to-recycle items out of the landfill. Save your electronics, old paint, block styrofoam, appliances, glass, toothbrushes/toothpaste tubes, old markers/pens and car batteries. Evergreen Sustainability Alliance will take them off your hands at our June 22nd, **Spring Clean Recycling Event**, held at the **Evergreen Lutheran Church** from 10 am-2 pm. Donations are greatly appreciated. TVs are an additional \$25 given the day of to the electronics company. **Contact info@sustainevergreen.org with questions.**

April 2024



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-shalingcenter.com under Events or online (Zoom details on website) www.peacework-sinc.co/communitywellness

April 3

Restorative Yoga 5:30-6:30 pm. Join Carrie for Restorative Yoga, a slow and restful practice. It is a limited number of relaxing asanas (poses) held longer than those in a yoga exercise class. The use of folded blankets and bolsters supports relaxation and reduces stress in poses that are done without stretching and muscle contracting work. The rejuvenation of Restorative Yoga gives one the chance to turn inward and release the day-to-day tension.

April 10

Women's Circle 5:30-6:30 pm. Expand your circle and connect with others in a safe space. Activate your creative power to align with your feminine presence that attracts

the situations and relationships that you desire. Sabrina will share powerful practices to embolden you to show up in life to be seen and heard.

April 14

Boogie @ The Bear, live music fundraiser, 1-8 pm, benefiting PeaceWorks. Featuring Black Cat Zydeco, supported by Jon and The Locals. Tickets: \$25 Advance, \$30 @ the door. www.boogieatthebarn.com

April 17

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

April 24

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

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

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

Wild Aware Brings Volunteers Together Again

Wild Aware, an Evergreen, CO, non-profit organization, is actively recruiting volunteers, new and old, for their *Last Friday Coffee*, a monthly event that takes place on the last Friday morning every month until further notice. This month's gathering will begin at 9 am on April 26, at the Evergreen Bread and Cocktail Lounge, 1260 Bergen Pkwy, Evergreen, CO 80439.

Wild Aware volunteer coffees are fun get-togethers. Attendees get to know each other in a casual environment, sharing wildlife stories, learning the many ways to get involved with Wild Aware, and making new friends. Volunteer co-leaders Sara Barnas and Melanie Mills coordinate these monthly socials to create friendships with like-minded animal lovers, gain knowledge

about our wildlife neighbors, encourage participation in activities and events, and build loyalty among volunteers.



For more information, contact Sara at barbedwire@wildaware.org or Melanie at melanie@wildaware.org.

Wildfire Evacuation Preparedness

Wildfire evacuation planning isn't just about physical movement; it's about being mentally prepared, informed, and ready to act swiftly when needed.

I used to think that it would be easy to evacuate; I had a list in my head of what I would take and what I would do. I could be out of the house in 10 minutes tops and on the road to getting out of Dodge.

That was until I got a phone call from a neighbor asking me what I knew about a column of smoke she could see from her deck. It took me a good 10 minutes to get my head around the fact that there was a wildfire somewhere within view of my neighborhood, and then I had to convince my husband and a house guest that we had to be ready to leave. I was wearing out the floor running in circles trying to think straight. Then the phone started ringing with other neighbors looking for information. Yes,

panic was an easy place to slip into.

The realization that procrastination, overconfidence, and optimism bias had created a situation that could cost all of us dearly became very clear. That is where the idea of a Wildfire Evacuation Planning Workshop started. The few minutes it would take to be prepared could save lives.

Join us at the Crow Hill Firehouse for the Wildfire Evacuation Planning Workshop on 4/6/24 or 4/14/24 from 2-4 pm.

Learn about Code Red notifications, your evacuation routes, Got Five lists, and much more. Don't let wildfire catch you off guard. Learn how to evacuate safely and swiftly when disaster strikes.

Workshop is provided by the Platte Canyon Fire Protection District, Fire Adapted Bailey, and the Senior Alliance of Platte Canyon.

Mrs. Denver 2024 Crowned

ON AUGUST 1, 2023, Kimberly Dufresne of Conifer was selected to be Mrs. Denver 2024. Mrs. Denver is a local representative of the married women who will go on to represent Conifer/Denver in the upcoming Mrs. Colorado® pageant on April 6, 2024, at the prestigious Ellie Caulkins Opera House in the Denver Performing Arts Complex.



Conifer High School for their “Peace Day” (f/k/a Diversity Day). During the workshop she shared Dove’s 20-year initiative “Self-Esteem Project,” (<https://www.dove.com/us/en/dove-self-esteem-project.html>) as well as her personal story of survival.

Did you ever wonder how a lady is selected to represent her city or state in the nationally streamed Mrs. America pageant? It starts at the local level with

Mrs. Denver. If Mrs. Denver goes on to win the title of Mrs. Colorado she will represent the state of Colorado at the Mrs. America Pageant in Las Vegas. The winner of Mrs. America goes on to compete for the title of Mrs. World.

Ladies participate in the Mrs. Colorado pageant for many different reasons. Some are celebrating a milestone birthday or accomplishment, others have a cause or passion that they want to bring awareness and action to solving, and others love the personal growth and challenge of the pageant journey. Find out more about your Mrs. Denver by calling the pageant office.

Mrs. Colorado will win over \$15,000 in prizes, including an all-expenses paid trip to represent Colorado in the nationally live-streamed Mrs. America Pageant in August in Las Vegas, Nevada.

If you know of a married lady who would be an amazing community representative, contact the pageant organization. The pageant will be accepting applications for the 2024 pageant for the next few months.

Visit www.mrscolorado.com for more information.

Pageant Contact:
Emily Stark, Executive Director
for Mrs. Colorado® Pageant
303-593-1199
hello@mrscoloradoamerica.com



Aurora, CO

Boys Hope Girls Hope of Colorado will host its annual Hope Challenge Golf Tournament on Monday, June 10, 2024, at Colorado Golf Club, 8000 Preservation Trail in Parker. The four-person scramble features teams of four players competing against the field. Prizes will be awarded to the top four teams. The Hope Challenge is one of only six charities selected to play at Colorado Golf Club this season. The tournament features breakfast, 18 holes of golf, drinks, dinner, and both silent and live auctions. Sponsorships and foursomes are still available and can be purchased in advance and online only at www.bhghcolorado.org/2024hopechallenge

The Hope Challenge Golf Tournament benefits Boys Hope Girls Hope of Colorado, a 501(c)(3) non-profit that addresses the opportunity gap faced by at-risk youth entering high school through provision of

academic and personal support. All scholars and collegians participating in this program are first-generation and/or low-income youth. Funds raised will specifically support Boys Hope Girls Hope of Colorado scholars, their school activities, books, transportation, and meals, as well as team members who work daily with our scholars, making sure they are successful.

For information about the 2024 Hope Challenge visit <https://bhghcolorado.org/2024hopechallenge/>.

Boys Hope Girls Hope of Colorado strives to nurture and guide motivated young people in need to become well-educated, career-ready men and women for others. To learn more please visit www.bhghcolorado.org.

Sunday, April 21 - 2 pm
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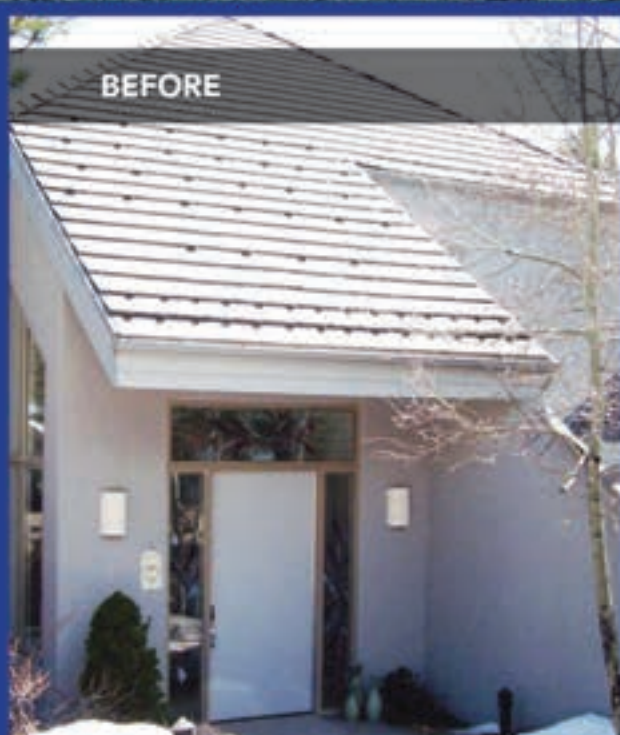
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