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— EXPLORE THE HISTORY OF OUR COMMUNITY ON PAGE 4 —

**Connection to the Past** 



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# **Something's Fishy**

"I am so blessed, grateful, and lucky to have fallen into the world of fish medicine."

Did you know that the little, seemingly lowly zebrafish can regenerate not only its fins, but also its heart? Neither did I, until I went to the annual meeting of the American Association of Fish Veterinarians in New York in mid-October. Wait, you might not even know there is such a thing as a fish veterinarian in the first place, yet there is. There are over 127,000 veterinarians in the US, and about 300 certified fish vets worldwide, of which I am one!

always thought I would be a horse vet, but in 2005 I was introduced to the world of koi ponds by a landscaper. As a veterinarian, and an animal lover, I knew nothing about fish, but I could see tumors and torn fins on some of the fish in the ponds in the yards of million-dollar homes in Cherry Creek. When I asked what happens to these animals when they need help, my question was met with a shrug and an "I don't know, get new fish," which did not sit well with me.

Thus began my journey into fish medicine, traveling around the country at my own expense to pick up a few hours of fish classes here and there so I could begin to master the basics of fish medicine.

In 2012 I was hired by the animal pharmaceutical company Novartis to be the lead veterinarian for their Northern Hemisphere aquatics division. I was in charge of bringing the first commercial vaccine for pet fish into the US. I traveled to Israel, where the vaccine was made, and Chile, to learn more about virology in fish. Then I traveled across the US from coast to coast, teaching veterinarians fish medicine and how to vaccinate koi.



"One of my biggest accomplishments was surgery on a 3-gram tetra fish to remove a tumor that was about to overtake the little one's eye."

In 2020, I was elected president of the World Aquatic Veterinary Medical Association, and over the years I have lectured many times at veterinary conferences, sharing my experiences with other veterinarians and encouraging them to treat fish patients.

At my practice in Conifer we see several fish patients a week, and field phone calls from across the country from folks seeking help with their pet fish. We see everything from koi and goldfish to axolotls (and if you don't know what they are, do an internet search; you are in for cuteness overload), bettas (correctly pronounced bet-a, not bayta), cichlids, and pufferfish (although very carefully). One of my biggest accomplishments was surgery on a 3-gram tetra

fish to remove a tumor that was about to overtake the little one's eye. Yes, surgery.

One of my favorite things to do is to ask people how many species of dogs there are. Go ahead and guess, how many do you think? If you guessed one, you're correct. Great Danes and chihuahuas are the same species. How about cats? Also one. Horses? You guessed it, one. Then, how many species of fish? Over 55,000 and counting! So being a fish vet is a far cry from being a "normal" vet. It is challenging and rewarding, and some of my favorite clients are fishy folks. After all, if you have a person willing to spend a few hundred dollars to try to save the life of their little \$10 fish, you know they are good people!

I am so blessed, grateful, and lucky to have fallen into the world of fish medicine. And the other thing I would say is, if I am good enough to be a fish vet, what do you think that says about me otherwise as a veterinarian? This has come up when I have been called upon to be an expert witness in court cases, regarding both my credibility, and the conduct of other veterinarians.

So if you, or anyone you know, has fish, next time please don't call the local pet store to ask what to do. They are often just trying to sell you a bunch of over-the-counter remedies which will likely just weaken your fish and make actually diagnosing them that much more difficult.

So yes, we do have good veterinary care for fish, and entire 4-day conferences full of scientists, researchers, aquarists, and veterinarians, sharing their experiences, cases, and research projects, to continually push the boundaries of what is possible. From corals, which are animals and have their own unique needs and medical problems, to cownose rays, sharks, and of course koi, fish vets to the rescue!

I like to say, I hope you never need me, but if you do, scientifically validated veterinary medicine is available for all the little fi shes. And that includes pain meds. Fish certainly feel pain and do not recover as well from painful issues without pain medication. So if you are a fisher person out there, please, please handle them with care, and don't allow them to suffocate to death, because fish are valuable loved animals, too. Thanks for reading, and I hope you think a little differently about fish! DrQ and the crew of the ResqRanch and Aspen Park Vet Hospital.

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

## — KELLER WILLIAMS FOOTHILLS REALTY —

# Shine On

BY LISA PLUMMER SMITH

"Protect your peace, do the things that make you happy, and surround yourself with the people who bring you joy."



It is a season of change. The air is crisp, the wind whips my hair and makes my eyes water. The sting of cold on my face makes me feel more alive. I delight in frost crystals on the tall grass and hope for snow. It's a time for boots and coats and hats and gloves. Darkness comes earlier, and somehow the stars seem brighter in the cold sky.

find myself adopting a bit slower pace, lingering in my warm bed for a few minutes after my alarm goes off. I may opt to let the dog out in the yard rather than mustering the

gumption for a cold morning walk. Snacks, water, and blankets are put in the car just in case; you never know when you may be stuck in winter traffic.

We settle into a new rhythm of winter. Frost swirls patterns on our car windows, and frozen puddles crunch in the roads. Crock pots are pulled out, fires are lit, and extra blankets are put on the beds. Cozy is the goal, and I love seeing my house aglow when returning from my evening walk. Hot drinks steam in our mugs, and there is a sense of anticipation in the air. The holidays will soon be here, and plans are being made.

Spending time with our friends and loved ones over the holidays can be fulfilling and stressful at the same time. Mentally preparing ourselves for it may make it more enjoyable. Protect your peace, do the things that make you happy, and surround yourself with the people who bring you joy. You may choose to gather at a restaurant rather than hosting. Avoid overcommitting yourself, and give yourself permission to say no. Validate your feelings as an act of self compassion.

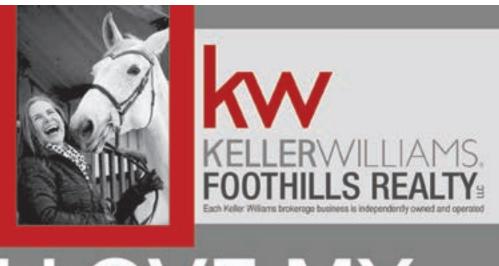
Thanksgiving Day is a rigorously timed event when all the dishes need to be ready at the same time. What could possibly go wrong? One year we were all seated around the table while the platter of turkey was being carried to the dining room. Suddenly there was a loud pop as the platter broke, and the slices tumbled to the floor as we watched in horror. Another year the oven suddenly stopped working, and nothing we did would fix it. The partially cooked bird was rushed to another home to finish cooking there. What I remember most about those years is the sense of family and togetherness, not the

Strong social ties are essential for mental and physical wellbeing. These connections are beneficial and can actually help us live longer through a sense of belonging, reducing stress, and increasing our resilience. Resilience is essential for coping with stress, trauma, and adversity. It builds confidence, problem-solving skills, motivation, and adaptability, and leads to a greater overall satisfaction in life.

Enjoy the golden moments with your loved ones. Be kind to each other and be gentle with yourself. Program your internal dialogue to tell yourself how fabulous you are. Remember there is no one exactly like you in the world. Shine on, my friends.



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## connection to the past



## THE ORIGINS AND EVOLUTION OF THANKSGIVING

BY CARLA MINK | CONIFER HISTORICAL SOCIETY

Edward Winslow was a passenger on the *Mayflower* who served as a leader of the Pilgrims. He attended and documented the First Thanksgiving, and his is the only written account of the Plymouth Colony and this important event. Winslow's letter was re-discovered in 1822.

"Loving and old Friend, although I received no letter from you by this ship, yet forasmuch as I know, you expect the performance of my promise which was to write unto you truly and faithfully of all things. I have therefore at this time sent unto you accordingly referring you for further satisfaction to our more large relations. You shall understand that in the short time we few have been here, we have built seven dwelling houses, four buildings for the use of the plantation, and have made preparation for several others.

Our harvest being gotten in, our governor sent four men on fowling, that we might after a more special manner rejoice together, after we had gathered the fruits of our labors. They four in one day killed as much fowl as, with a little help beside, served the Company almost a week. At which time, amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some 90 men, whom for three days we entertained and feasted and they went out and killed five deer, which they brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

## THE EARLY TRADITION OF CELEBRATORY FEASTS

The custom of celebrating after a successful hunt, foraging, or harvest is deeply rooted in human history. Such gatherings have been a way for communities to come together, share their bounty, and express gratitude for nature's provisions.

## The First Thanksgiving: Pilgrims and Wampanoag

Among the most renowned harvest feasts is the event of 1621 in Plymouth, Massachusetts, where the Pilgrims—English settlers seeking religious and intellectual freedom—joined the Wampanoag people for a communal meal. The Pilgrims embarked from Plymouth, England, on September 6, 1620, with 102 passengers, including three pregnant women, several children, and a crew of 30. Their vessel, the *Mayflower*, was a cargo ship designed to transport goods like lumber, fish, and casks—not people. During the voyage, passengers subsisted on hardtack biscuits, dried meat, and beer.

After a lengthy 10-week journey, the group arrived at the eastern tip of Cape Cod on November 11, 1620. Amazingly, only one passenger died during the crossing. The harsh winter weather prevented the settlers from building shelters, forcing them to live aboard the ship. The conditions were dire: food was scarce, and diseases such as smallpox, cholera, typhus, and plague spread rapidly. By the end of winter, half of the passengers and half of the crew had perished.

### Relations with the Wampanoag People

The Wampanoag initially kept their distance from the English due to previous negative encounters, including an incident in 1614 when Captain Thomas Hunt kidnapped Native people from the future Plymouth area to sell them into slavery. Additionally, diseases brought by European traders had devastated the Wampanoag population.



Despite these tragic events, the Wampanoag eventually aided the Pilgrims, helping them build shelters, hunt, fish, and farm. They negotiated a peace treaty with the settlers, marking the first formal agreement between English colonists and Native Americans, and this peace lasted for the next fifty years.

### The First Thanksgiving Feast

In November 1621, a year after the Pilgrims' arrival, they invited the Wampanoag to join them for a celebratory feast, now known as the First Thanksgiving. This event was largely forgotten for centuries until a letter surfaced that brought renewed attention to it. Edward Winslow, a Mayflower passenger and leader among the Pilgrims, attended and documented the First Thanksgiving, and his account remains the only written record of the event. His letter, rediscovered in 1822, described the construction of homes and buildings, the successful harvest, and the communal feast shared with the Wampanoag, including their leader Massasoit and ninety of his men. The festivities lasted three days and featured hunting, feasting, and mutual

## THANKSGIVING BECOMES A NATIONAL TRADITION

The tradition of Thanksgiving evolved over time. The Second Continental Congress issued a national proclamation for Thanksgiving in 1777. The first official National Thanksgiving was celebrated on November 26, 1789, when President George Washington declared a day of public thanksgiving and prayer for the new nation. In 1863, President Abraham Lincoln established Thanksgiving as a federal holiday, making it an annual tradition. Since then, Thanksgiving has been observed on a Thursday in November, specifically the fourth Thursday of the month.

### Thanksgiving on the American Frontier

When Abraham Lincoln formalized Thanksgiving as a federal holiday, many Americans were migrating westward. Conifer's early homesteaders arrived in the early 1860s, inspired by the Homestead Act. During the westward journey, travelers paused for Thanksgiving, sharing simple meals from what they could hunt or had preserved. These meals included game such as venison, duck, goose, or other small animals, and staples like bacon, flour, cornmeal, or dried beans. Occasionally, pioneers contributed dried fruit for pies or molasses for corncakes. The day was marked by rest, gratitude, and community, with music and games following the meal.

### THE MEANING OF THANKSGIVING TODAY

Though the nature of Thanksgiving celebrations has changed over the centuries, the core meaning remains: families gather to express love of each other and to honor God/Mother Earth for the abundant harvest. Modern distractions—such as shopping, travel, sports, and technology—have altered the experience, yet the spirit of gratitude endures. Today, meals are often sourced from supermarkets, and preparations include travel and anticipation for holiday sales and December festivities.

## NATIVE AMERICAN INFLUENCE AND MODERN REFLECTIONS

Thanksgiving's origins are rooted in the Native American philosophy of giving without expecting anything in return. Stephen Peters, spokesperson for the Wampanoag Tribe, notes that his ancestors held four harvest festivals each year. He emphasizes the importance of gathering, sharing blessings, and giving thanks. Peters encourages a spirit of hope and healing, urging all people, Native and non-Native, to break down the barriers that divide us and to be thankful together.

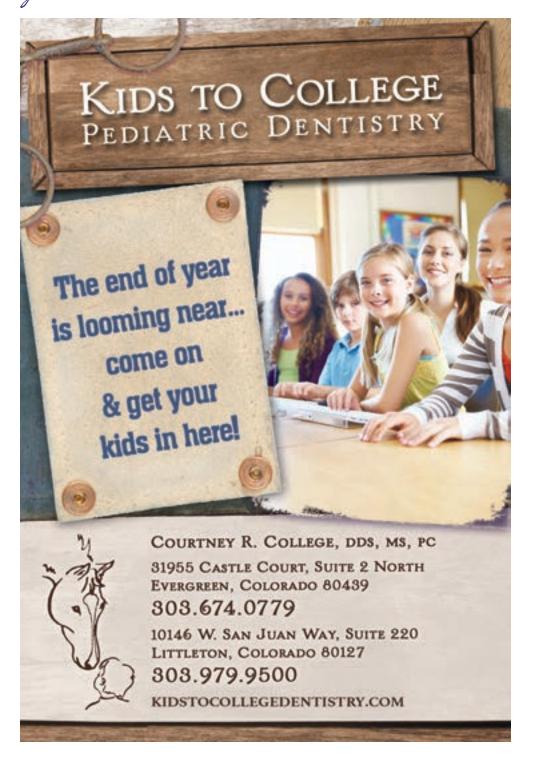
"One of the really important things about preservation is it connects people to history in a very tangible way."

— Myrick Howard

Thanks to Christa Johnson and the Conifer Historical Society and Museum for providing this month's Connection to the Past article.

The mission of the Conifer Historical Society is to share the region's legacy by collecting, preserving, and exhibiting historical and cultural materials.

www.coniferhistoricalsociety.org



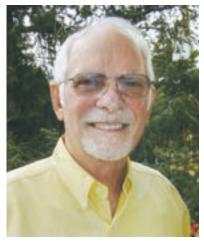
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## I'm Just Sayin'...

November – Thanksgiving

"I hope you can enjoy Thanksgiving this year with family and friends. Let's all remember the gratitude that it represents."

**Jeff Smith** owner/publisher

f you want to know more about the real Thanksgiving, read the article on page 4 by Carla Mink. Sometimes we forget what Thanksgiving is all about. I hope you can enjoy it this year with family and friends. Let's all remember the gratitude that Thanksgiving represents.

The new Conifer library is open in the Safeway center. It's worth a visit.

Is it just me, or have there been more bear sightings this year? In our area it seems like there are more bears out and about than in the past. I love bears, as long as they don't get in our garbage—which is normally our fault for putting it out the night before pickup. It seems like we have seen a lot more deer fawns this year, too. Enjoy our wildlife, and look out for them while driving.

This year we had a neighborhood Halloween party on a Saturday afternoon at a house with a barn. It was very well attended and huge fun. Kids and adults alike had creative costumes, and trick-or-treat was the format. Prizes were handed out, and a chili cook off was also part of the event. Perhaps this will become the norm for more neighborhoods. It's much safer for all.

College Football – The Iowa Hawkeyes seem to have it together so far, at 3-1 in the Big Ten and 5-2 overall. With the new Big Ten format it is essential to win the big games against ranked opponents. Minnesota, Oregon, and USC coming up. All important games! Go Hawks!

Broncos - Looking good so far! There are some tough games coming up, but they seem to be able now to finish a game. Go Broncos!

Avalanche – They are having a good start. There's a lot of the season to come, but if they can stay healthy they should be contenders again. Go Avalanche!

Nuggets - Just getting started. They need a healthy year also. Go Nuggets!

Quackadilly says: "We should just be thankful for being together. I think that's what they mean by Thanksgiving.' —Charlie Brown

### **NEWS ON THE POSITIVE SIDE**

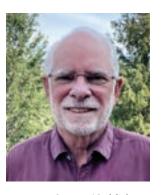
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## **December theme:** The Holidays

Stories are contributed by local residents to inspire healthy living, happy families, and community giving. Email your story to jeff@yourmtnconnection.com. Stories accepted on a space-available basis only. Advertorials are paid advertising. Business Profiles cost \$400, limited one per year. From the Experts educational columns cost \$300/month, minimum three-month commitment. Deadline for ads and articles is November 16. Call 515-326-2672.



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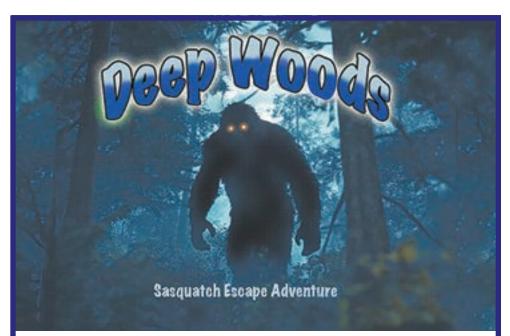


**Penny Randell** 

Contributing Writers:

Cathy Kowálski Anne Vickstrom

## from the **experts**



## Sasquatch Outpost Escape Room

You have one hour to discover what happened to world-renowned Sasquatch researcher, Dr. William J. Boone, who vanished without a trace over 30 years ago. But beware, Sasquatch is out there...watching, listening.

The Sasquatch Outpost Escape Room is designed for ages 15 and up due to the complexity of puzzles and thematic content. Guests under 15 will not be permitted without prior approval.

Link for booking reservations: https://www.sasquatchoutpost.com/escape-room

— EVERGREEN HEALTH INSURANCE —

## **Healthcare Madness**

**BY ED REGALADO** 

"We're officially in the annual enrollment period for those who shop for health insurance through Connect for Health Colorado."

Enrollment season is upon us again! At the time of this writing, the government is still shut down while Congress battles over federal tax credits for individuals and families under 65 who get their health insurance coverage through the ACA. The expanded credits that make health insurance accessible for many middle-class families are set to expire at the end of 2025. Fingers crossed that by the time you read this, they will have come to a decision and the tax credits will be renewed.

We're officially in the annual enrollment period for those who shop for health insurance through Connect for Health Colorado. If you need to make a change for 2026, you have until December 15 to do so.

On the Medicare side, some Advantage Plan carriers are eliminating their PPO plans that allow out-of-network coverage, others are phasing certain plans out, and nearly all Advantage plans will see at least some changes. By now you should have received a notice of change or non-renewal of your plan. If your Medicare Advantage plan isn't renewed in 2026, you must pick another plan by the end of December. The good news is this allows you a guaranteed issue opportunity should you wish to enroll in a Medicare Supplement plan. There is no underwriting for those who have had their plan terminated.

Should you get another Advantage plan or sign up for a Medicare Supplement plan? Like



"This is a busy time of year, so it's wise to call your local broker early."

always, it depends. If premium cost is less of a concern and you don't like having to stay within a network, a Supplement may be a good choice. Talk to your broker about your different options. If you go on a Supplement, you will need a separate PDP (prescription drug plan). You may have to add your PDP plan on your own this year, since several carriers no longer allow brokers to sell them.

For those of you who lost your PPO plan, it may be worth considering switching to one of the carriers with HMO plans that allow 'HMO Iravel Benefits." This Iravel Benefit allows you to access your carriers' national network when you are out of your service area. And HMOs generally have lower copays than PPOs.

Another improvement is the availability of Advantage Part B rebate plans. These rebate plans use some of the federal funds they receive to pay down part of your Part B premium, which will be \$206.50 for most in 2026. The rebate can be as low as \$1 and as much as \$169 per month. Of course, generally these plans have reduced benefits, and some "extra benefits" such as overthe-counter and dental and vision have been eliminated. To learn more particulars, talk to your broker since there is a wide range of plans to choose from.

This is a busy time of year, so it's wise to call your local broker early to schedule a time to review your plan and options. As always, my services are free to you. I'm happy to help!

Ed Regalado is a certified broker. The office is located at the Stone House at 1524 Belford Court in Evergreen. Ed can be reached at 303-674-1945 or send an email to: edregalado46@gmail.com.

— THE SASQUATCH OUTPOST —

## The Sasquatch Chronicles

"Dr. Meldrum was without a doubt the leading expert on Sasquatch footprints and foot anatomy in the entire world, and his contributions to this field of expertise will be sorely missed."

The Bigfoot world lost one of its elder statesmen recently with the death of Dr. Jeff Meldrum. A full professor of Anthropology and Anatomy at Idaho State University, Dr. Meldrum was one of the most popular speakers on the topic of Bigfoot anywhere in the country. He is remembered as one of the very few academics who was willing to take a stand (and by so doing risk his job and his reputation) that Bigfoot, or Sasquatch, is real and roams the forests and mountains of this country every day. Dr. Meldrum was without a doubt the leading expert on Sasquatch footprints and foot anatomy in the entire world, and his contributions to this field of expertise will be sorely missed.

I had the privilege to be a guest speaker with Dr. Meldrum back

in May at the BIG (Bigfoot Investigative Group) conference that was held up in Broomfield. There wasn't much that Jeff and I agreed on with regards to Sasquatch, since he remained staunchly convinced to the end that Sasquatch is a descendant of an extinct giant ape called Gigantopithecus blacki, and that we should expect ape-like behavior from them and nothing more. If you're a regular reader of this column, you'll know that my understanding about Sasquatch is much broader and probably more controversial because I believe they are a



"I believe Dr. Meldrum to be one of the elder statesmen of Bigfoot research today." type of human, and that they possess paranormal abilities that we cannot understand-at least not with our current level of scientific

At the conference Jeff spoke first, on the topic of how recent developments in technology have given us a new understanding of the Patterson-Gimlin Bigfoot footage. It was a great talk, and as I stood to speak I thanked Dr. Meldrum for giving me a college 201 course on analyzing 60-yearold 16mm film footage. I then gave the following tribute: "If you are new to the topic of Sasquatch research, you'll soon learn that researchers are deeply divided on several topics. And, in fact, there is probably not much that Dr. Meldrum and I would agree on today other than the existence of Bigfoot. However, I want

to publicly state that I have the utmost respect for Dr. Meldrum as an academic who has fearlessly defended the truth about Sasquatch, and I believe him to be one of the elder statesmen of Bigfoot research today." And I meant every word.

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

### — LOAN ZONE MORTGAGE —

## Seniors – Going in Reverse?

BY WANDA NORGE, MORTGAGE CONSULTANT

"A reverse mortgage could eliminate a mortgage payment, provide a line of credit to use for upcoming expenses, or even give you a monthly income."

Reverse mortgages can help seniors continue living in their homes. These loans are great financial planning tools for the right situations. If downsizing, this loan can be used to purchase a new home and result in no monthly payment, even if buying a more expensive home.

Seniors over the age of 62 with sufficient equity in the home can use a reverse mortgage to stay in

the home and not have a mortable equity to determine qualification and loan options. It could eliminate a mortgage payment, provide a line of credit to use for upcoming expenses, or even give you a monthly income. Everyone has a different situation.

Borrowers have many specific reasons for selecting a reverse mortgage. Some are needsdriven, others enhance quality-of-life choices. Some reasons include: 1) long-term healthcare planning, hospital costs, and prescription drugs, 2) pay off existing mortgages or other debts, 3) home improvements to retain the home, 4) car repairs or new car purchase, 5) money for daily expenses, 6) purchase a new home, or 7) fund travel expenses, to name a few.

There are different types of reverse loans. The federally-insured FHA Home Equity Conversion Mortgage Program (HECM) is most popular and requires an independent government-backed counseling session to go over pros and cons on options that the loan officer prepared.



Interest rates will vary depending on the type of loan and its options. Fixed-rate reverse mortgages allow for a lump sum that must be taken in full at closing.

Most choose the adjustable-rate since you can get a lump sum at closing, a possible monthly income supplement, or a line of credit to draw against. The line of credit has a guaranteed growth rate. Each month your unused portion of the line

gage payment. The calculations use a combinacontinues to grow, increasing your available etary reverse loans for borrowers as young as 55 or those exceeding loan limits on the HECM

> A lien is recorded against the home, just like with a forward mortgage. The borrower retains full title. The bank does NOT own the home. The borrower continues to live in and maintain the home, pay property taxes and insurance. No repayment is made until the home is sold or the last borrower moves out or passes away. You never owe more than the value of the home with a HECM.

> Heirs can keep the house or sell it, and repay the loan either way. Social Security benefits and Medicare typically are not affected, but consult vour tax advisor.

> If you are wondering how to stay in your home or downsize with increasing costs and bills, let's run numbers and see if this is an option. No obligation or credit check.

Wanda Norge, Certified Mortgage Advisor (CMA), Certified Divorce Lending Professional (CDLP), Loan Zone Mortgage, LLC (NMLS: 1870102), 22 yrs exp, 28 yr Evergreen Resident, Phone: 303-419-6568, loans@wandanorge.com, www.wandanorge.com (NMLS: 280102).

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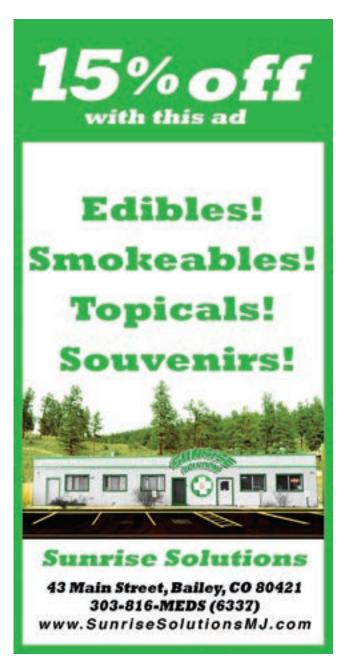
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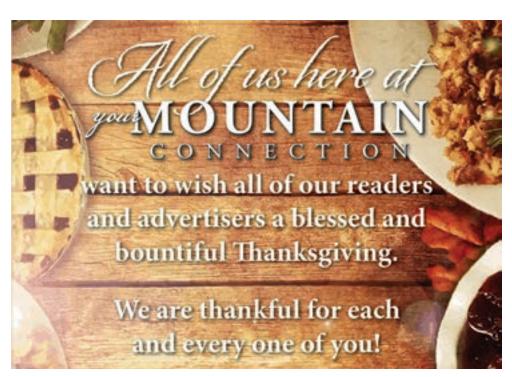
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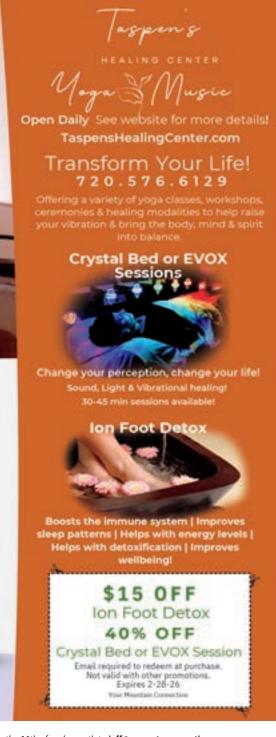
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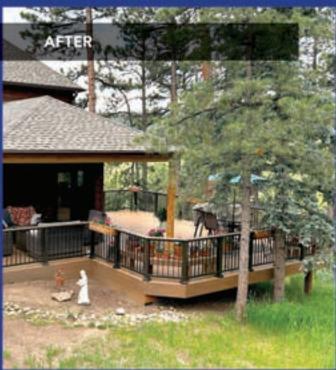
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## Just Rub it In

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"I love shopping. And I love finding new flavor profiles."

e cook, so we shop. We peruse the aisles looking for food and products both familiar and new. Most of the time when I'm at the store, I find myself thinking of what I can do differently with my food prep. Styles, processes and flavors are all subject to change. Thus, seasonings, spices and herbs are evaluated. The seasonings and rubs, what are the ingredients? Spice mixes are a combination of what? Have I ever used Star Anise in my pulled pork? Should I try that? Oh, when time is not an issue, I love shopping. And I love finding new flavor profiles. With my 2+ years of diving into the smoke and BBQ world, I've been learning history, trends, and techniques that are new to me. I've also been working hard to marry techniques I learned in school and those practiced in my restaurant with the techniques I'm practicing on the grill. A task not always easy. But this is fun, and it feeds my passion.

Francesca and I each have a different approach to our food prep, in particular beef and pork. I love the way that she cooks. She's true to tradition, and she shows patience and respect to each dish she prepares. I tend to bend the rules. Give me a recipe and know that the rules will change as I proceed with it. It needs more of this or less of that, and perhaps I should do this instead. For me, seasoning is always instrumental, and today, more than ever, a good rub on beef, pork, or poultry is where I begin. OK, a fine piece of beef needs to be treated right. A ribeye is simply salt, pepper, a good sear, and finished with a tab of fine butter. But I believe in the science behind a rub and seasonings, and I still delight in making my own rubs. The effort will always be an attempt to fit the style of what I'm trying to cook. But to do this successfully, we need to understand how it all works.



A successful meat rub will create flavor and texture using moisture management, chemical reactions, osmosis and caramelization. Salt will draw moisture from the surface of the meat, which allows the seasonings to dissolve. It then helps those dissolved ingredients be absorbed by the meat through osmosis. This takes time, over 30 minutes. I generally allow my rubs to work as a dry brine overnight in the refrigerator. Giving the rub time to work is critical. Next, during the cooking process, the sugars in the rub will begin to caramelize, generally at around 250 degrees. At this point the amino acids and the sugar on the meat surface will combine, in what is called the Maillard reaction, which creates the flavorful crust or, as the professional BBQ-ers call it, the bark. And this bark is what helps create that amazing moisture retention found in a well-done barbeque. It's a wonderful combination of crunchy flavor and a delightful moistness. Remember that this is a slower, low-temp cook at 350 degrees or less. All of this is a bit of a balancing act. If you're not concerned with that bark creation and are concentrating more on an herbaceous profile, a long flavoring process can be much shortened. Due to cooking at higher temps, you won't be using sugars, as they will burn. But remember that you will still need at least 30 minutes in the seasoning process to allow for the chemical reactions. You're now going to be cooking at hotter temperatures to obtain a good sear, and that sear is what will work to retain the moisture rather than the caramelization with the sugars.

It's interesting that when you stop by your grocery or local BBQ shop and look at rub ingredients, they're all pretty close to having the same ingredients. Commonalities in the ingredients will include salt and sugar, there for the moisture, for maximizing overall flavors and for the caramelization. Also included are various spice mixtures that are designed to create interesting

flavor profiles that will complement and enhance the meat flavors. A typical rub may be:

1/3 C paprika; 1/3 C packed brown sugar; ¼ C kosher salt; 1 T garlic powder; 1 T onion powder; 4 t ground mustard; 2 t black pepper; 1 T dry oregano; 2 t cumin and 2 t chili powder. Beyond the salt and sugar, what you're looking for when you develop a rub, based on this example, is color and a sense of smoke and spice, thus the paprika and chili powder. Garlic and onion powder will provide the aromatics, mustard powder some tang, and cumin a bit of earthiness. A rub such as this will work very well with most cuts of pork and chicken. And as you move from cuisine to cuisine, simply model the rub to match the cuisine profile. Cajun/Creole will look something like:

1/3 C salt; ¼ C garlic powder; ¼ C black pepper; 2T cayenne; 2T each dry thyme, oregano, and basil; and 1/3 C paprika. Cuban would be garlic, onion, salt and pepper, cumin, paprika, and orange peel.

You see how this goes. Different ingredients for a local flavor profile. I love cooking for the flavors available. Have some culinary fun, folks. And always, play with your food!

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## A Skeptic's View

BY GARY LOFFLER

The early 1900s were a heady time for science. Despite the turbulence caused by World War I, numerous advances were being made in the fields of medicine, math, and psychology. Doctors were finally learning that washing their hands after doing autopsies was a good idea, thanks to proper analytical studies that were being done in health care. Albert Einstein was turning out amazing studies on the nature of the universe, and Freud's invention of psychoanalysis, for better or worse, was taking off.

aul Eugen Bleuler is noted for his contributions to psychiatry, though many of his personal views were problematic. Along with defining such conditions as schizophrenia and schizoid, he also noted among children conditions that he called autism. This was followed up by German psychiatrist Fritz Künkel and Soviet psychiatrist Grunya Sukhareva, whose 1926 observations of patients closely matched the diagnostic criteria for the syndrome that we use today. In 1955 Tylenol was marketed for the first time. Thanks to the national vaccination campaigns, the 1960s saw a near eradication of childhood diseases that had previously killed millions of children a year.

Autism, or more properly autism spectrum disorder (ASD), is an inordinately complex condition. Its symptoms vary widely, and people with ASD have vastly different levels of functionality. Scientific studies have done a great deal of work on defining and understanding ASD, but there remains much work to be done.

We often use a single word to signify a complex subject. Take, for example, the word football. Even eliminating the more logical

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"We use single words to describe complex issues because we have to. Unfortunately, a side effect of this shorthand is that it can lead to simplistic approaches to the subject."

European meaning, there is a lot of complexity to football that is not immediately obvious from the casual dropping of the name. Books are written about how to play the game, the history of the game, and long-term medical effects of the game on the players. Thousands of hours of TV broadcasts occur every year. Tens of thousands of people play at different levels. But we still use one word to describe it. Football.

We use single words to describe complex issues because we have to. It is not possible to fully explain football every time it comes up in conversation, and the same holds true for ASD. Unfortunately, a side effect of this shorthand is that it can lead to simplistic approaches to the subject. Not everyone has a good understanding of what ASD is, and lots of people don't want to learn about it. This makes it easier for people to

discuss it as a single diagnosis with a single cause.

There have been some meta-analysis studies which show a small correlation between taking Tylenol (acetaminophen) and ASD. A meta-analysis is a review of studies previously done to find similarities. Typically a meta-analysis will look at a large number of studies with a similar goal and then sift through the data to find trends in the behavior of the subjects, such as what secondary medication they take, lifestyle, food preferences, etc. They can be very good at finding correlations but are lousy at finding causation. For example, a meta-analysis of traffic accidents might show a correlation between people who drive SUVs and fender benders (that is, a higher percentage of low-speed accidents involve an SUV). This does not necessarily mean that SUVs cause accidents. It might suggest that a study be done to find out why the correlation exists. It could simply be there are more SUVs than any other type of motor vehicle.

In this case of the Tylenol meta-analysis, they would be looking at unrelated studies that featured pregnancies and reported on medications taken and incidences of ASD on followup. The abstract of the 2018 study (Prenatal Exposure to Acetaminophen and Risk for Attention Deficit Hyperactivity Disorder and Autistic Spectrum Disorder: A Systematic Review, Meta-Analysis, and Meta-Regression Analysis of Cohort Studies) stated, "...results should be interpreted with caution given that the available evidence consists of observational studies and is susceptible to several potential sources of bias." Other similar studies have been done that factor in a family history of ASD, and those studies do not show any increased risk with acetaminophen.

So, long story short, ASD existed long before widespread vaccine usage in the 1960s, before the introduction of Tylenol in 1955, before its first clear definition in 1926, and before the coining of the term autism in 1911. If a child has ASD, it is not because his mother used Tylenol during pregnancy, nor is it because the parents decided to follow the medically established guidelines for childhood vaccinations.



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## One Cool Dude...The Meerkat

**BY PENNY RANDELL** 

Juba here, and currently I am taken aback by the critter known as the meerkat. Its scientific name is Suricata suricatta, and it is sometimes called suricate. It is considered a mongoose, which is commonly found in southern Africa. It is pretty well known, especially with its extra broad head, large eyes, long legs and pointed snout. Too, its brindled coat pattern makes it easy to spot. In general, their coat is light gray to yellowish brown with alternating, poorly defined light and dark bands going across their backs. Some dominant species, especially in the southern part of their range, take on a darker color. This animal is covered in guard hairs, which are lighter at the base with two dark rings, and are tipped in black or silvery white color.



If you are close enough to be aware of their range of vision you will easily see that their eyes are prominent; in fact, the eye sockets cover 20% of their entire skull length. They also have a slender tail, unlike that of other mongoose species. Females have six nipples that end in those black coverings on the head of each guard hair. Interestingly, meerkats measure 15 to 24 inches in total length, of which 7 to 10 inches is the tail. If you have a chance, notice the guard hairs, which give fullness to their coat.

This small mongoose can weigh in around 1.4 to 2.1 pounds. There is no significant weight difference between sexes. However, some dominant females have a bit of increase in overall weight. The fur is dark reddish brown with very dark skin beneath. The meerkat has a stable dental formula that enables powerful gnawing, in addition to their burrowing skills. Now this animal is not

good at running or climbing, yet can stand erect, unbothered for significant lengths of time. Their black crescent-shaped ears can be closed to prevent a heavy dumping of earth into an exposed canal while digging. Naturally, the tail helps with balance. As far as digits are concerned, the curved foreclaws are highly specialized and slightly longer than hind claws. They sport 4 digits on each foot, with very thick pads underneath.

How about a highly sophisticated thermoregulation system to survive harsh, desert habitats? An in-depth study revealed that body temperatures follow a diurnal rhythm. Average days see about 100 degrees, cooling to about 97 degrees at night. If body temperature falls below the thermoneutral zone (from about 86 to 90 degrees), the heart rate and respiration plummet. Perspiration, on the other hand, increases sharply when the body temperature increases above the thermoneutral zone. In addition, their basal metabolic rate is remarkably lower than that of other carnivores, which helps conserve water. These animals eat less in hotter temperatures, thus reducing the amount of metabolic heat produced. During winter they are often caught sunbathing, among other efforts to stay warm.

The meerkat is a very social being. It is common for them to form groups of anywhere from two in number to as many as 30 individuals. They are often equal in number of females and males

in a pack. These animals are seriously alert and aren't about to miss a thing. Members of packs take turn at various tasks. Pups must be watched, lookouts for predators are needed, and food must be gathered. All put in a helping hand or two, and it truly is a complex sight to behold. The meerkat is considered a cooperative breeding species, in that typically the dominant breeders in a pack produce the offspring. Interestingly, the nonbreeding, subordinate ones provide altruistic care for the babies. The division of labor is spread among many.

This is not as rigid as with other species, however. Ants are found in what is known as a eusociality, which is the highest level of organization in a society. This division of labor creates firm societal roles. In the social structure known as dominance hierarchy, members rise and take on a ranking system. Meerkats lean towards imposed hierarchy, which can be more flexible.. A study showed that dominant individuals can contribute more to offspring care when fewer helpers were available.

Now, if you wanna search out some meerkats, let me begin that serious effort here. These critters live in rock crevices in stony surroundings that include burrow systems found across and throughout the plains. A single pack can occupy a home range that's anywhere from about 2 to 6 square miles. A 2019 study revealed that large burrows towards the center of a range are much preferred over the smaller burrows around the periphery of the range, especially when newborn pups are involved. In addition, areas around the edges of the range are scent marked with anal gland secretions. By the way, packs can migrate collectively in search of food, to escape pressure from predators, and during flooding.

Finally, we come to my favorite part: Vocalizations!!! Indeed, these talented mammals maintain an invigorating, broad vocal repertoire that they use to communicate with one another continuously. Many of the calls are repetitious, and blending does fill the air, but they also make up new calls as they age. A study

recorded 12 different types of call combinations used in different situations. Of course, there's predator versus prey. But then again, when a predator does approach, the burrows come in handy. Other sounds are echoed through the prairie, especially when youngsters are involved. Entertaining sounds are numerous when digging, sunbathing, and huddling together for warmth, and when showing aggression toward other pack members.

Short-range calls are common and are produced while foraging and after scanning the vicinity for predators. Recruitment calls can be produced to collect other members, such as when sighting a snake and offering protection from it. Too, investigation of excrement or hair samples easily draws their attention and creates a binding effect on their home turf. Real-life alarm calls are given in response to danger. All calls differ in acoustic characteristics, which conclude with the many, many responses evoked by danger.

I was just getting comfortable when the following behavior showed up. Encounters between members of different packs prove to be exceedingly aggressive. Injury is common, often resulting in death. 19% of the entire meerkat population dies from violent attacks. The heaviest of all females is found to create most of the problems, for she spends a lifetime fighting. Subordinate individuals face difficulties in breeding successfully. An example of this is when dominant females kill litters of the subordinate ones. This is common. When this takes place, many will confront others as they try to invade the groupings, so they can begin again with their breeding.

I am totally taken by the meerkat, and I hope you are, too. Try to observe them carefully in the wild and view from a distance. Do not threaten, and don't offer food. This is a keen mammal that we have the ability to study. Happy fall to all of you. Good luck out there.

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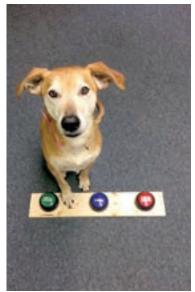
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## Dogs, Dogs, Dogs BY CATHY KOWALSKI

Not all superheroes have wings meet Nutmeg! Nutmeg, a therapy dog that I trained, is currently making a difference in Connecticut.







"You never know what you are capable of until you put your best paw forward!"

utmeg was a rescue dog that had been adopted from the Wyoming Department of Corrections Canine Training Program, and returned three times—the last adopter said it was because she was too stupid! As you read Nutmeg's story you will realize who it was that lacked intelligence.

Nutmeg was brought to Denver in hopes of becoming a service dog; however, she suffered an injury when she jumped off a deck and broke her hip. Instead, with her temperament and sweet personality, she took the path of a therapy dog.

Nutmeg began her therapy career providing emotional support and comfort to individuals who were affected by the Sandy Hook Elementary School shooting in 2012. She also spread the love by reducing stress and anxiety to the first responders involved in this tragedy.

Nutmeg was a therapy dog at Soul Friends, an Animal-Assisted Therapy Program with a 20-year history providing animal-assisted psychotherapy and equine-assisted leadership. Lori, a social worker, and Nutmeg worked with kids whose own experiences mimicked hers, feeling like they didn't fit in or that others put labels on them. Nutmeg was able to show them that even though she was returned three times and described as stupid, that wasn't who she was. She had the confidence to know who she was and not accept someone else's idea of what she was capable of doing. Lori was running a group and working with a child with mutism in a residential program. Nutmeg was very particular with commands (she required you to have direct eye contact with her). Since the child was mute, Lori taught him the hand signal for "sit," but Nutmeg was being stubborn and refused to sit. The child became so agitated that he finally said, "I said sit!" It was the first time he had spoken since arriving at the residential facility. Nutmeg had used her superpowers!

Nutmeg participated in a study at the Canine Cognition Research Lab at Yale University. One of the activities was to show whether dogs prefer people who help others or those who don't. Nutmeg chose the helper. One of the researchers said she was one of the smartest dogs ever tested. She figured out a complex puzzle in under 1.5 minutes and was also featured in the Smithsonian Magazine.

A wooden board with 4 buttons on it is part of her work area. Kids ask her simple questions, and she has to pick the answer (No, Yes, Maybe, or Blah Blah Blah). Just last year three of her high school students were removed from class for not working. The kids said they would complete the assignment before lunch if Nutmeg "told" them to. Each student asked the same question: "Do I need to finish the assignment before lunch?" She hit the "no" button with her paw three times. It looks like sometimes she can be a rebel.

In another group setting, the children were doing a course with different stations. Nutmeg knew what exercise was next and would go and get a hula hoop for the next child.

In this month of Thanksgiving, I know everyone whose life has been touched by Nutmeg is grateful for this little nugget.

Nutmeg has shown again and again, don't take to heart what someone else might see, know who you are, and live your best life. You never know what you are capable of until you put your best paw forward!



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.



## **TEARS OF JOY**

BY ANNE VICKSTROM

"Magical moments can be so astonishing that they force me to stop and just enjoy."

ast month, our family was privileged to attend a wedding near Steamboat Springs. We were on the road early on that sunny morning, long before most of the crowds of leaf-peepers would follow on I-70. What a joy to travel down the highway without the stress

We opted to drive over Berthoud Pass, which delivered a spectacular show of fall colors. As we rounded curves, views of the rich golden leaves revealed themselves, as if teasing us with what we would experience at the upcoming magnificent panoramas. Far vistas of bright yellow, orange, and the occasional red surprised us. As I attempted to capture the beauty on my iPhone, we took turns expressing our reactions to the stunning colors we were passing with "Oh, my goodness," "Look at those," "Those are incredible," and more.

At one point, I became suddenly quiet because I wanted to hide that I was crying. I absolutely had no control over tears welling in my eyes, and there was a knot in my throat. Upon reflecting on my reaction, I went digging into Library AI. "Why do people cry when they see something beautiful?" I asked the search engine.

This is what I found: "People cry when seeing beautiful things due to dimorphous expression, a brain mechanism to restore emotional balance after intense feelings, and catharsis, which serves as an emotional release. This physiological response, often called happy crying or tears of joy, activates the parasympathetic nervous system, slowing the heart rate and relaxing the body after an emotional high. The feeling can also be connected to reflecting on beauty's







fleeting nature and the longing for something profound, even if it brings a sense of sadness."

It further taught me that "tears are a way for the brain to return to a state of equilibrium after an overpowering emotion..." "Crying signals the parasympathetic nervous system, a calming response that counters the adrenaline rush of an intense emotional experience." Basically, my tears flooding my eyes had nothing to do with my choice of how to react, but rather it was my parasympathetic system taking care of me.

Once I understood what happened to me, something that was totally out of my control, I found myself reflecting on other sights, sounds, and events that have in the past literally brought me to tears. I searched my memory to share examples of some of the times my tears of joy appeared.

A dog recognized its owner after being found. A newborn snuggled into the arms of their parent, instinctively knowing they were safe and loved. I watched a red-ball sunset balance on the horizon and then slowly slip beneath it. A baby elk teetered on its legs as its mother licked it clean. I gazed on mountain vistas so vast, they were impossible to count. I witnessed the layers of the Grand Canyon reveal themselves as the sun rose. I viewed the northern lights as they danced in brilliance above me. I heard music that hit all the right notes.

At each of these moments, I was humbled by the beauty of life on this planet—the things that happen each day but still startle us. Each helped me understand how little my problems are, how magical moments can be so astonishing that they force me to stop and just enjoy what

I suppose that is why, after recently walking the watershed to view the fall leaves up close with my husband, daughter, and dachshund, I returned home renewed, relaxed, and calm. Letting our adrenaline fire us up at a beautiful sight and then feeling the calm afterward is enough to rebalance and prepare us for yet another surprising moment.

Don't be surprised if you find yourself or others crying tears of joy; after all, we live in a pretty incredible place in our mountain community.

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





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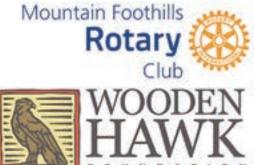


















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**BY NANCY JUDGE** 

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## **Conifer Chamber News**



## **Christmas in Conifer 2025**

BY BETH SCHNEIDER, EXECUTIVE DIRECTOR

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

his expanded celebration will begin on November 29, which is Small Business Saturday, and continue throughout the week with activities, special events, and festive gatherings at businesses and organizations across Conifer. The week will culminate in one of our community's favorite traditions, the 42nd Annual Conifer Christmas Parade, on Saturday, December 6th. This year's parade embraces the timeless spirit of the season with a simple, joyful theme: Christmas. Parade participants are encouraged to get creative and let their imaginations shine, showcasing what Christmas means to them, whether that's Santa's workshop, snowy winter scenes, or holiday music.

To make the season shine even brighter, both residents and businesses are invited to participate in Light Up Conifer, a community-wide holiday lighting competition, turning Conifer into a glowing winter wonderland. You can sign up to participate at GoConifer.com; a map of participants will be found there, as well as on the Chamber Facebook page.

Christmas in Conifer spotlights the importance of supporting the entrepreneurs, restaurants, artisans, and shop owners who are at the heart of our town. We also hope to create space for new traditions to take root. Businesses and organizations can engage with the community in creative ways, while families can look forward to a variety of experiences that go beyond parade day. Whether you're strolling Sutton Road to watch the parade, visiting a local shop during the week, or joining in the lighting competition, you're part of something that makes the holidays in Conifer truly magical.

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

Beth Schneider **Executive Director** Conifer Area Chamber of Commerce

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





Tuffy's Playhouse Conifer's indoor playground is now open!

30403 Kings Valley Drive Unit 1-104 Conifer, CO 80433 303-335-0024 info@tuffysplayhouse.com http://www.tuffysplayhouse.com

## **CALENDAR OF EVENTS**

### November 2

Evergreen Chamber Orchestra - Autumn Recital at 3pm. ECO's Chamber Recital Series offers a wonderfully intimate way to experience captivating music. These performances feature ECO musicians and their friends performing delightful repertoire for small chamber groups. Stay after the recital for a delicious reception provided by the members of St. Laurence! Location: St. Laurence Episcopal Church 26812 Barkley Rd, Conifer. https://evergreenchamberorch.org/current-season/buy-tickets/

### November 4

Evergreen Newcomers and Neighbors sponsors Evergreen Speaks, Nov 4, 5:30–6:30 pm, at Evergreen Christian Church, 27772 Iris Drive, Evergreen. Free. Featuring Steve Physioc, Emmy award-winning broadcaster and author. Details at evergreennewcomers.com.

#### November 6

ReqRanch Trailblazers, 4:30–6 pm. This isn't just another riding lesson. This is a movement. The Trailblazers is a weekly community gathering for compassionate horse lovers of all ages, dedicated to creating a better future for equines. Together, we are embarking on a mission to dramatically increase the number of people skilled in the art and science of Positive Reinforcement (R+) training. By joining, you become a vital part of the solution, helping to prepare the world to welcome and care for every horse in need. For anyone age 5 and up. Kids ages 5 through 11 must have one adult with them. This adult does NOT have to pay. Sign up at https://www.resqranch.org/trailblazers-a.

### November (

**Sips for Scholarships,** 6–9 pm at Evoke 1923, 27376 Spruce Ln, Evergreen. Join us for an elegant evening of fine wine at Evoke 1923, all in support of Bootstraps. Sip, savor, and make a difference for mountain-area students while enjoying live music and great company. https://www.bootstrapsinc.org/events

### November 6, 13, 20, and 27

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

### November 8

Please join us, 9 am – 2 pm, for the St. Laurence Episcopal Church Christmas Cafe, Bake Sale, and Mini Boutique. We will have hand-crafted items to purchase for yourself or for holiday gifts, the best breakfast burritos and cinnamon rolls for breakfast, and delicious homemade soups for lunch. Many of our baked goods can be frozen and served at your holiday dinners. St. Laurence is located at 26812 Barkley Rd. in Conifer. Join us for a beautiful beginning to the holiday season in Conifer!

#### November 7–1

This November StageDoor Theatre's Senior Company will perform ANASTASIA: THE MUSICAL. Thur, Fri, Sat, 7 pm. Sat and Sun 2 pm. Tickets \$25, \$5 discount for seniors, students, and educators. Director Kelly McAllister, musical director Alexandrea Bernhardt, choreographer Arianna Glivarez, stage manager Ellie Sineclair. Come experience the Rumor in St. Petersburg and see if Paris truly Holds the Key! Book by Terrence McNally, music by Stephen Flaherty, and lyrics by Lynn Ahrens. For tickets and information visit www.stagedoortheatre.org.

Stagedoor Theatre is a 501(c)(3) nonprofit community theatre, open to everyone.

### November 14-16

Evergreen Children's Chorale presents Give My Regards to Broadway at Center Stage, 27608 Fireweed Drive, Evergreen. Friday, November 14, at 6:30pm; Saturday, November 15, at 2pm; and Sunday, November 16, at 2pm. Join the Evergreen Children's Chorale for Give My Regards to Broadway, a lively revue celebrating the best of classic and contemporary Broadway! Featuring beloved show tunes performed by our talented Prelude and Company members, this high-spirited performance will have you tapping your toes and singing along. Don't miss this dazzling celebration of musical theater magic! https://our.show/eccfall2025

### November 15

Speaker Series: Stuart Collins presenting: The deDisse Ranch. Saturday from 5–6 pm. Historical photos of Evergreen dam, lake, and the deDisse Ranch (before the dam) will be included in the presentation. Free event hosted by the Evergreen Mountain Area Historical Society for all to enjoy at the Hiwan Heritage Park and Museum. 28473 Meadow Drive, Evergreen

### **November 27**

EChO 15th Annual Turkey Trot, 5K walk and run, 9–11am, EChO 27888 Meadow Dr,. Evergreen. Join us for a morning of fun, family, and giving back. This 5K helps support EChO Food Pantry, ensuring local families have access to food and essential resources during the holidays and beyond. You can even chose to virtually attend. Pies will be awarded to the top male and female finishers in each age bracket: 5–12, 13–20, 21–30, 31–40, 41–50, 51–60, 61–70, and 71+. Best human costume = pie and best dog costume = pie! https://evergreenchristia-noutreach.org/turkey-trot/

### December 6

Bailey's Cowboy Christmas, a Christmas celebration with a Western twist. Mosey on down for toe-tappin' live music, hearty grub from the Glen Isle Chuck Wagon, and unique, handmade gifts in our Holiday Market. From the jingle of spurs to the jingle of sleigh bells, it's a celebration the whole family will love! https://www.bailey-colorado.org/cowboy-christmas



### November 2025



### **November 5**

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

### November 11

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

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, unless otherwise noted. Register www.taspens healingcenter.com under Events, or online (Zoom details on website) www.peaceworks inc.co/communitywellness

### November 12

**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.

### **November 19**

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.

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).



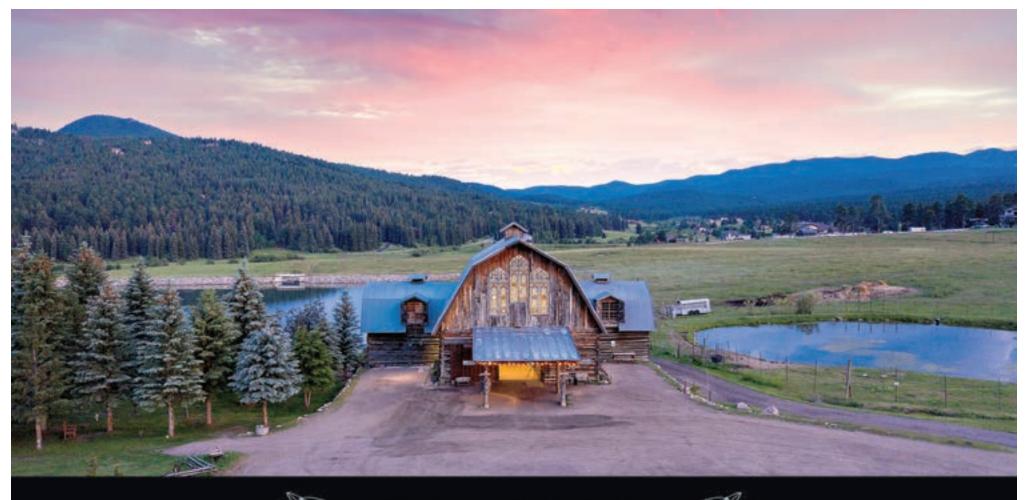
## Hank Alderfer Day

Sunday November 9, 2025 11:00 a.m.

Buchanan Fire/Rescue TrainingCenter 1802 Bergen Pkwy Evergreen, Colorado Please join History
Evergreen™ for coffee
and conversation. We
are gathering
community leaders who
worked with Hank and
some friends to share
about the many
contributions he made
to their organizations
and for the betterment
our community.

Hear about:

Park & Rec District Jeffco Historical Commission Canyon Courier Mountain Area Land Trust CenterStage Yesteryear Bear Creek Cemetery Jeffco Open Space





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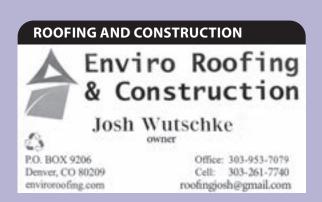


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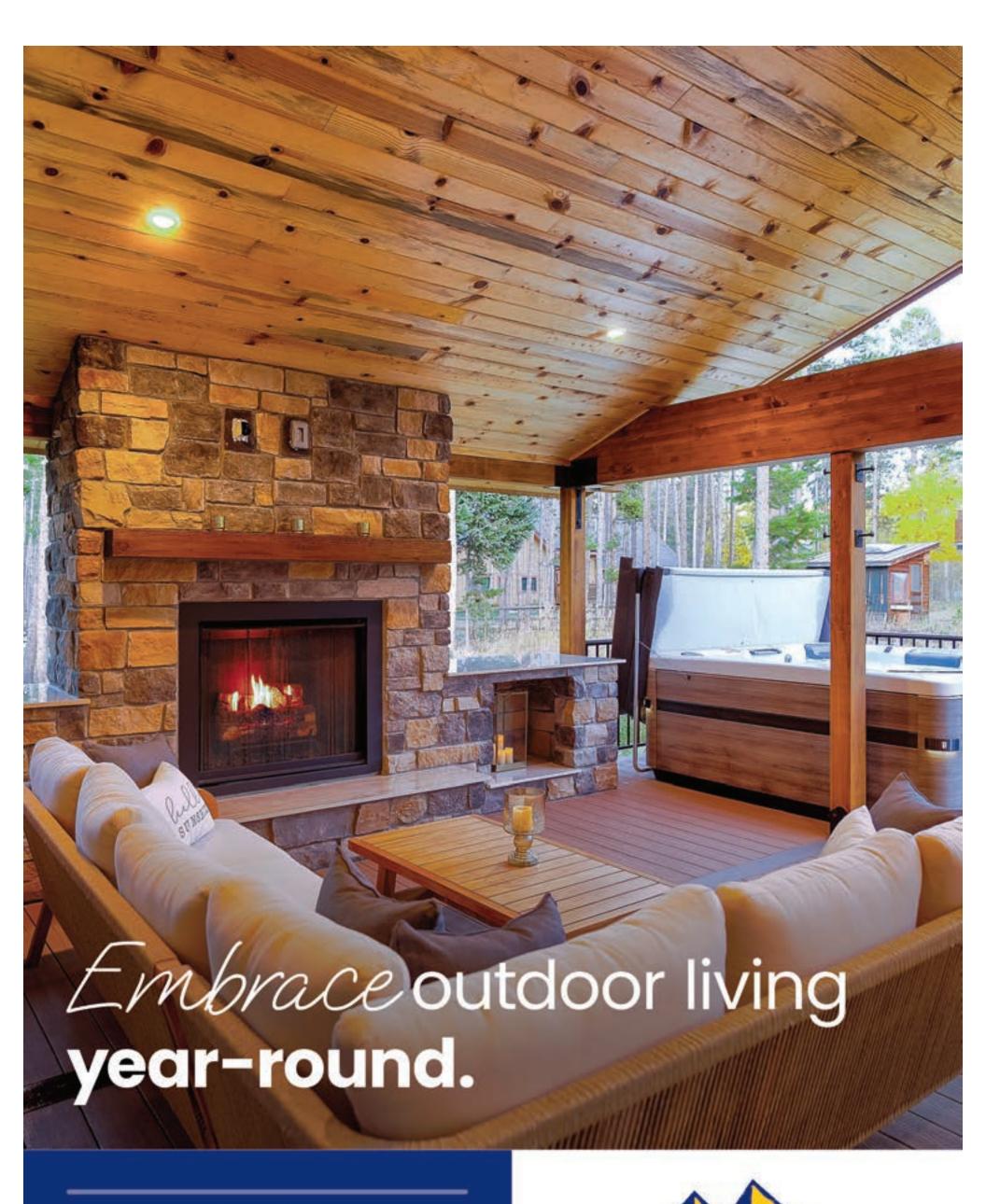




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