

NEIGHBORS OF

APRIL 2023

Park City

Leonardo's

THE PEOPLE & PLACES OF OUR MOUNTAIN TOWN

Market & Taquería



The Leonardo Family


Serving and Giving Back to Our Community



Cover Photo by Deb DeKoff - Park City Photographers

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THE PEOPLE & PLACES OF OUR MOUNTAIN TOWN

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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 5th of each month. Email your thoughts, ideas, and photos to bdemann@bestversionmedia.com

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January 5.....February
February 5.....March
March 5.....April
April 5.....May
May 5.....June
June 5.....July
July 5.....August
August 5.....September
September 5.....October
October 5.....November
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Dear Neighbors and Friends,



Meet Bradley Dean Symes

My husband Colyn and I are delighted to acquaint our Neighbors community with our son Bradley who made us parents on February 22nd. It's all very new and to try to write something profound about motherhood would feel inauthentic at this raw stage, but I can't express enough how grateful we are for the experiences we have had up to this point. It's cliché, but we of course didn't know we could love someone so much in the blink of an eye and how everything changes in an instant. I've received a lot of great advice and unbelievable support from family, friends, and this amazing community. To take one day at a time, trust my gut, and honor the boundaries that feel right for our family. It hasn't been easy, but every minute has been worth the lessons and joy we feel being his mom and dad.

We are overjoyed as we embark on this next phase of our life and grow our family.

With a heart full of gratitude for such a loving and supportive community, cheers!

~Jacque



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The Leonardo Family

Serving and Giving Back to Our Community

By Kirsten Kohlwey and Carl Henderson • Photos By Deb DeKoff - Park City Photographers

After 20 years in Park City, the brother and sister team, Hugo and Nery Leonardo, wanted to give back to their community, start their own business, and provide jobs. After discussing many ideas, they reached back to their experiences growing up in a small town in the state of Guerrero, Mexico where their mother ran a grocery store and their father was a musician.

The pair wanted to cook authentic Mexican food but they didn't want to have to drive to Salt Lake City to get the ingredients they needed. Finally, together with their spouses, Liz and Salvador, they jumped in with all their hearts and determination to open their business on October 14, 2022.

The foursome now spends all their days together. They combined

modern US concepts with Mexican traditional heart and soul to design Leonardo's Market and Taquería in Kimball Junction. They start work at 8 a.m and stop at 10 p.m. and they couldn't be happier.

Growing up Hugo and Nery were told "You have to do your best and put your heart in it." Hugo's face radiates when he says "We are happy to be here." The four of them are unified in trying to put out a great product. They have created nine new jobs, not counting themselves, and those employees count on them for their livelihood. They feel the responsibility this puts on their shoulders. They plan to succeed.

When I showed them examples of this magazine, they looked at the covers and were delighted to recognize so many people

they know. They are truly immersed in Park City. Hugo has two daughters. The older one, Greylin, is now a student at Arizona State University, while the younger one, Malillani, is a sophomore at Park City High School. Nery has four children, Edwin, Aitana, Yael and Kalani. The youngest one, Kalani, at just four years old, is already trying her best to help. When we were there, she was delivering her mother's purse to her even though it was almost as tall as Kalani herself.

Hugo and Nery are really looking forward to their own mother's visit in May. Their mother is already proud of them, but they can't wait to show her in person, how well they are doing and how they have implemented her teachings in their business operations.

The Leonardos have received a lot of support from the local community and there has been a steady stream of customers from not only Mexico, but also Jamaica, Columbia, Peru and other Latin American countries and those looking for authentic food. After looking at their fresh meat counter and spotting smoked pork chops, I think the local German community would also be happy to find a source for some of their traditional meats.

Meeting Hugo and Nery is like stepping into a room full of sunshine. Their happiness is infectious and even though we were doing an interview, you could tell they care about everyone. When Carl asked about some of the products he misses from his childhood in Puerto Rico, Nery jumped up and showed him what they have and told him about how they are finding sources for items, locals are longing for.

One of the most popular items in their vegetable cooler is guaje.

It's a red seed pod I had never seen before, which I had spotted immediately as I wandered through the store. The seeds are used in chili verde. In the taquería they sell a lot of tacos but the most popular meal is the parrillada, a dish similar to fajitas. It's large enough to serve two people.

While the Leonardo foursome is demonstrating incredible teamwork to their next generation in their efforts to build a thriving business and provide a service to the Park City community, they know it isn't going to be easy. During this first year they are learning the seasonal variations of life in Park City, how weather affects local habits and what impact the school schedules have. This is a particularly difficult time to jump into this kind of endeavor, with Park City and all the events that happen here trying to claw their way back from pandemic restrictions without risking a setback. They are committed though. While some of the slow periods caught them by surprise even though they have lived here a long time, they are learning about their local customer base and will be ready for them during their second year.

On Sundays, Hugo and Nery give each other breaks. Nery is a devout Catholic and likes going to mass, so she gets Sunday mornings off and Hugo likes going to the movies with his wife, so they take breaks on Sunday evenings. During school vacations the entire family hangs out at Leonardo's. To them this is their family gathering place. To us it felt like we were being invited to a sparkling clean, shiny, bustling home with interesting friends to talk to.



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MARCH 13 - MAY 25

Spring Art Exhibit

@The Park City Library

The Park City Library spring art exhibit features two local artists, Deborah DeKoff and Johnny Adolphson. Deborah is an intrepid explorer. With an open mind and wandering eye, she searches for the gifts of nature both in the Wasatch Back and in her travels. Johnny Adolphson is a fine art landscape photographer, photography workshop instructor and photography guide, a skier, a climber, a husband, and a father of two boys based in Heber. His photography is dedicated to capturing the beauty of the American West.

Website: <https://parkcitylibrary.org/art-exhibits>

APRIL 1 - APRIL 30

FORE! The Planet

@Swaner Preserve & EcoCenter - 1258 Center Dr

Explore a tropical rainforest, navigate a polluted waterway, and learn how to make a wildlife refuge in your backyard - during a playful 9-hole environment-themed min golf course.

Time: Wed, 10 am - 4 pm, Thu & Fri 10 am - 7 pm, Sat & Sun 10 am - 4 pm

Price: \$7 (children under 2 free)

Website: https://swanerecocenter.org/preserve_ecocenter/ecocenter_activities/exhibits

SATURDAYS THROUGHOUT APRIL

Saturday Morning Nature Walk

@Swaner Preserve & EcoCenter - 1258 Center Dr

Walk the Preserve with one of Swaner's naturalists to explore wetland science, natural plant and animal species, and the history of the Swaner Preserve.

Time: 8:30-9:30am • Cost: \$5 - \$10

Website: <http://swanerecocenter.org/calendar>

APRIL 1 - APRIL 8

Spring Gruv

@Canyons Village & Park City Mountain Village

The Spring Gruv festival includes live music, family activities, and après. The Spring Concert Series takes place on the Canyons Village stage. Performances happen on two Saturdays in April, the 1st and 8th, and Closing Day on Sunday, April 9th.

Time: Shows start between 3 and 5 pm

Website: <https://www.parkcitymountain.com/>

APRIL 8

23rd Annual Park City Pond Skim

@Park City Mountain Resort

End of Season party featuring a competition-style pond skim. With prizes for the biggest splash, best costume, and best overall skim, join us for an epic party with raffles and giveaways!

Website: <https://www.parkcitymountain.com/>

APRIL 9

Easter Bunny at Deer Valley

@ Snow Park Lodge & Silver Lake Lodge

Deer Valley invites guests and their children to take pictures with the Easter Bunny.

Time: 9-11am at Snow Park Lodge and noon - 1:30pm at Silver Lake Lodge

Website: <https://www.deervalley.com/things-to-do/events/easter-bunny-visits-deer-valley>

APRIL 11, 12, 13

Kimball Art Center Spring Break Art Camp

@ Kimball Art Center

Three days of mixed media art camp for children

ages 6 - 12. Participants will explore pottery, drawing, printmaking, photography, and more. Sign up for one, two, or all three days.

Time: 9am - 4pm

Cost: \$75 + \$10 material fee per day

Website: <https://kimballartcenter.org/camps/>

APRIL 12

Billy Idol and Steve Stevens

@Eccles Center

Legendary rockers Billy Idol and Steve Stevens will join Adam Reader, the host of the Professor of Rock, about the history and stories behind Billy Idol's biggest hits. Then Billy and Steve will perform acoustic versions of Billy's biggest hits.

Time: 7pm • Cost: \$110.50 to \$230.50

Website: <https://www.parkcityinstitute.org/professor-of-rock-live>

APRIL 16

Easter Egg Scramble

@ Basin Recreation Fieldhouse

The Easter Egg Scramble is a Basin Recreation favorite annual tradition. Where children ages 1 to 8 participate in an easter egg hunt.

Time: 11am - 2pm

Website: https://www.basinrecreation.org/event/easter_egg_scramble/

MONDAYS APRIL 17 - MAY 22

Game On! Sports Spring k - 3rd, 6 Week Multi-Sport Class

@Basin Recreation Fieldhouse

Join Game On! Sports 4 Girls for the Monday Spring session of our trademark Multi-Sport Class! Explore and learn a different sport every 1-3 weeks. We may cover basketball, soccer, tennis, softball, lacrosse, volleyball, and more in a FUN, nurturing, and positive environment! Attention to teamwork, sportsmanship, self-esteem, respect, giving, and goal setting are also incorporated into our program.

Time: 4-5pm

Summer camp sign-up opens on April 19

Website: <https://www.gameonsports4girlsnorthernutah.com/school-year-classes>

APRIL 28

Gallery Stroll

@ Main Street

Park City Gallery Association presents an evening of art, food, drinks, music, and great company while strolling along scenic Main Street in Park City. Our participating galleries put out the "red carpet" on the last Friday of every month, offering a memorable experience. Look for our Park City Gallery Association flags!

Time: 6-9pm

Website: <https://parkcitygalleryassociation.com/gallery-strolls/>

APRIL 29

Automatic Drawing Inspired by Nature Sounds and Sights Workshop

@The Rock Cliff Nature Center, Jordanelle State Park

In this class, led by artist instructor Clint Whiting, students will explore the trails from the Rock Cliff Nature Center and create drawings based off of sights and sounds in nature. Attendees will leave with refined drawings. All materials are provided.

Time: 12pm - 4pm

Cost: \$50 + \$10 material feeds

Website: <https://kimballartcenter.org/art-classes/>

April Dates to Remember

- APRIL 1 APRIL FOOLS DAY
- APRIL 2 PALM SUNDAY
- APRIL 5 PASSOVER BEGINS AT SUNSET
- APRIL 7 GOOD FRIDAY
- APRIL 9 EASTER
- APRIL 15 - 22 INTERNATIONAL DARK SKY WEEK
- APRIL 18 TAX DAY
- APRIL 22 EARTH DAY
- APRIL 23 CLOSING DAY AT PARK CITY
- APRIL 23 CLOSING DAY AT DEER VALLEY

Around the Town:

By Ashley Brown



Meet Deer Valley's lead groomer, Laura Sexton. She has 32 years of experience grooming Deer Valley slopes. Laura and her team aim for excellence, and she skis Deer Valley a couple of times a week to test the quality of the runs. "We really pride ourselves on doing a good job," she says. "Everybody on the crew wants to make it look exactly perfect and make it the best possible skiing."



HEARTH AND HILL: LIVING THE DREAM

Brooks Kirchheimer dreamt of operating his own restaurant for as long as he can remember. “The very first Christmas present I can recall requesting was a cash register when I was just a tyke. I probably drove my two sisters and parents crazy badgering them to play restaurant!”

Brooks pursued his passion at The University of Denver, earning a degree in Hotel and Restaurant Management in 2008, which he promptly put to use at Montage Beverly Hills, then at Montage Deer Valley when that property opened in 2010. Management positions at landmark stand-alone restaurants followed, first at Zoom, on Park City’s Main Street, and then at Peter Merriman’s eponymous beachfront property in Maui.

In 2017, Brooks and his wife Catherine returned home to Park City, eager to translate his lifelong dream into reality and to establish permanent roots in a community they love, as reflected by Catherine’s position at the Christian Center of Park City and Brooks’s service as a leader of the Park City Chamber of Commerce.

Recently retired from his finance career, Brooks’s dad, David, was elated to be Brooks’s partner.

David, who with his wife Sherry has owned a Deer Valley home since 2007, saw it as a natural next step, “Brooks and I have complementary skills and experiences, so we make a perfect team. Plus, we share a desire to foster a supportive family-type culture.”

That culture is encapsulated in their commitment from Day One: “To inspire our associates, thrill our guests, and enrich our community.” As Brooks says, “Associates come first because, without them, the other two things can’t happen. That’s why since our start we’ve provided medical insurance, a retirement plan with a company match, and many other benefits. Thanks to our amazing team, we’re proud of delivering on our commitment to our guests and community.”

Building on Hearth and Hill’s success, the Kirchheimers formed Leave Room for Dessert Eateries (a nod to the family’s – and Utah’s – sweet tooth) as an umbrella entity to facilitate expansion, starting in March 2022 with nearby Hill’s Kitchen café & catering, and nine months later with Urban Hill, a fine-dining concept in Salt Lake City’s Post District.



Brooks and David Kirchheimer
Photo by Carla Boecklin

While Brooks’s professional family was growing, so too was his and Catherine’s. In 2019 they welcomed a baby boy, Callen, whose affection for the restaurant staff shows the apple didn’t fall far from the tree! Coupled with their two dogs, there’s rarely a quiet moment for Brooks, but he wouldn’t have it any other way. “Our restaurants aspire to be gathering spots, where our associates, neighbors, and visitors look forward to enjoying part of their day. Whether at home, at one of our eateries, or partaking of our region’s limitless activities, sharing the experience with friends or family makes it special.”





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Hill’s Kitchen, café & catering, serves events from intimate dinners to gala affairs for 500. It also features a retail counter offering specialty coffees and pastries and other breakfast and lunch goodies freshly baked on-site. Freshly built by award-winning Hearth and Hill restaurant, Hill’s Kitchen is the home of Hearth and Hill’s founding Pastry Chef Jessie Rae Nakoneczny, as well as a kitchen staff steeped in catering experience. Hill’s Kitchen builds on the successful events business of nearby Hearth and Hill, popular for on-site gatherings and catered off-site events.

Spring Into Summer with Kettlebells!

By Kevin Rail B.S. Co-founder, My Inferno Body AFM, ACSM, NASM, ACE

It's that time again, folks! That time of year when the fever starts kicking in. Not the fever for more cowbell, but for its second cousin... the kettlebell! I'm sure at this point in your life, you're familiar with this centuries-old training tool. And I know for a fact that you're familiar with Spring Fever, especially with the mass amounts of snow we've had this season. It's this time of year that winter tends to drag on and you start developing visions of sun, beaches, trails, and freshly cut fields of green at all the local parks.

The only thing distancing you from being a full participant in all the summer splendor that Park City has to offer, are those extra 10 lbs.

But fear not my fellow Parkite! All you need is a pair of kettlebells, a small space, and a bit of motivation to get yourself back to your pre-winter weight. Follow this amazing 4-week workout, and all your dreams will come true.

Oh, and yes, kettlebells are my favorite fitness tools because they have such a massive effect on the body when it comes to transformations. They burn fat, build muscle, improve aerobic and anaerobic capacity, create better balance and flexibility, AND boost brain function, all in one fell swoop.

KETTLEBELL WORKOUT

Perform 10 reps of kettlebell swings in between each exercise listed. Rest for 30 to 45 seconds between sets and repeat the whole circuit for 5 rounds. Do this workout 3 days a week on nonconsecutive days.

Double Kettlebell Seesaw Presses 8 to 10 reps per arm

Kettlebell Goblet Squat Concentration Curls 8 to 10 reps

Double Kettlebell Clean and Alternating Reverse Lunges 6 to 8 reps total.

(1 Rep = 1 clean + 1 reverse lunge on each leg.)

Double Kettlebell Push-up Renegade Rows 6 to 8 reps.

(1 Rep = 1 push-up + 1 renegade row on each side.)

Kettlebell Pullover Double Crunch 12 to 15 reps

CARDIO WORKOUT

Choose a form of cardio that you enjoy and is safe for you. It can be anything from running, to biking, to stair climbing, to elliptical training, to crawling on the Jacob's Ladder. Your body doesn't know the difference.



Start with a 5-minute warm-up at a light intensity. Then slightly increase your pace for 30 seconds. Then increase it a bit more for 20 seconds. Then go all out for 10 seconds. Come back to a light pace for 30 seconds and repeat the 20-second and 10-second intervals.

Continue this pattern for 20 minutes and finish with a light 5-minute cooldown at a low intensity. You'll be finished in 30 minutes flat and you can go about the rest of your day.

Do this exact workout for 4 weeks and watch how fast you transform your body!



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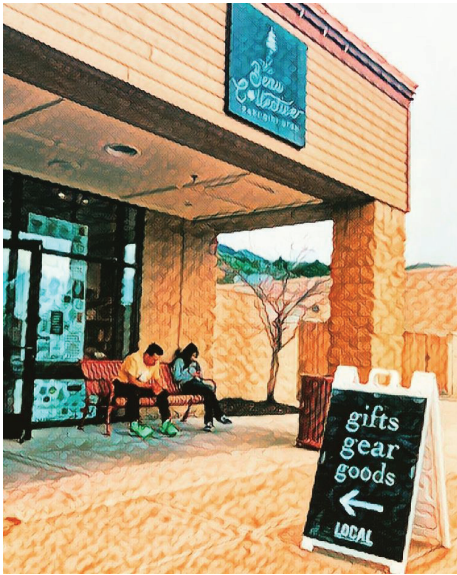
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A Good Sweat and Tight-knit Community is the Bedrock of The Beau Collective

By Ashley Brown

The Beau Collective, located at the Outlets Park City, weaves high-intensity interval training (HIIT) and a team-oriented gathering space into a fun-loving community basecamp. The Beau Collective features about a dozen HIIT classes weekly, boutique retail items, a gathering place for post-workout refreshments, and special events to bring locals together.



Whitney Kozlowski, the Beau Collective Founder, launched the business in 2014. She describes her inspiration. "After having kids, I wanted to find people who aligned with an aspirational life of fitness, happy hour, and community but not take it all too seriously... I wanted to find the place I was envisioning, and when I couldn't, I decided to create it."

"I know consistency and connection form a community," Whitney states. That is why The Beau Collective is all about bringing dedicated folks together regularly. Despite moving physical locations five times in the last eight years, The Beau Collective is a testament to the truth that community comes from connecting with people. What began as a gathering of 24 regulars now includes a roster of hundreds of Parkites.

The Beau community is always willing to welcome newbies. "We love first-timers!" Whitney explains, "They can expect a great environment, challenging workouts, consistent amazing locals, killer playlists, and space to simply connect each week."

Beyond fitness and after-workout chill sessions, The Beau Collective hosts several community-building events. "We are evolving into activations that are fun, compelling, and



consistent. We know fitness is our anchor, but we are looking to serve and delight and uplift in additional ways. It's never been more vital," Whitney says.

One way The Beau Collective achieves its goal of serving and uplifting is by opening its space to Park City residents and businesses for workshops, private parties, fundraisers, and gatherings.

For Whitney, the tight-knit community at the Beau Collective fills every day with meaning. "I seriously find such joy in creating impact alongside others hour by hour each week. Most people underestimate how rich the moments of connection over the years have made my adult life. I get to live what life is all about every day starting at sunrise," she says. And she means that literally. Whitney leads upwards of 8 HIIT morning classes a week at the Beau Collective.

ARTS & CULTURE CORNER



Makers of Park City: Ron S. Butkovich

Article and Photos by Kirsten Kohlwey

Ron Butkovich is a fourth-generation Park City resident. He loves the climate and change of seasons here and enjoys fully immersing himself in the local community. He has been volunteering with the Park City Historic District Commission and Utah Historical Society for decades, which makes sense because he established his studio in one of Park City's historic buildings in 1989.

After graduating from Utah State University with a Bachelor of Fine Arts in 1985, Ron Butkovich established RSB DESIGNS in 1988. He primarily works with silver, gold and stones and especially loves designing rings. His studio is fully equipped to handle custom designs or redesigns and create mixed media and original pieces.

You may have seen his work at the Park City Art Festival, but he is a year-round resident, so you can visit his studio at 1101 Park Ave, just a block from the library, or view his collection on his website, rsbdesignco.com.

During the pandemic, Ron Butkovich saw fewer people walking by his studio, but his

established customers remained loyal and even increased his business. Ron posts his creations on Instagram and adds more online marketing to his efforts while ensuring online media efforts don't overwhelm his creative pursuits.

He has been a full-time Park City artist for decades, and during the last few years, he's been one of the key drivers of the Park City Artist Association's fundraising efforts for an art scholarship for a Park City high school senior. Even though a Park City student recently received the scholarship, he has already started working on next year's art scholarship.

Like many Parkites, Ron enjoys skiing in the winter. His studio is suitably close to the slopes, so when visiting his studio, he will most likely be there mid-day.





Celebrate the Moon, the Stars, and Constellations: International Dark Sky Week - April 15-22, 2023

By Melissa C. Marsted

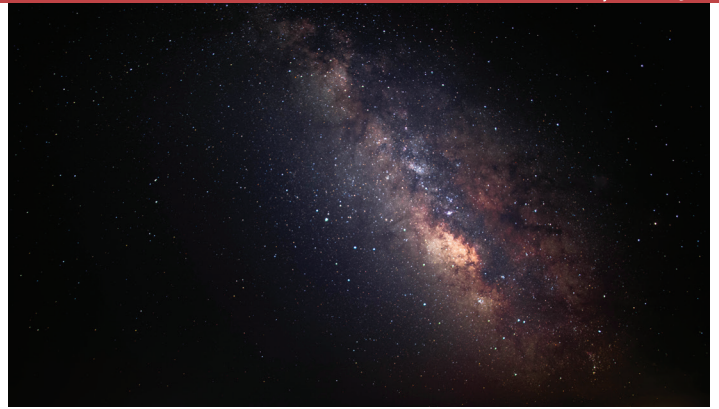
Photos by Victoria Speck, Melissa Marsted, and Peter Bermant

"Sometimes you just have to turn off the lights, sit in the dark, and see what happens inside of you." Adam Oakley

Did you know that Utah is home to 24 of the more than 200 internationally recognized Dark Sky Places? These include all five national parks, more than ten state parks, as well as Torrey and Helper, which are the only two International Dark Sky Communities in Utah.

Two years ago I started researching a children's book about Utah's Dark Skies. While working on a commissioned book with the Stokes Nature Center in Logan, they had a call for entries to determine an illustrator. A Chilean artist, Victoria Speck, and student at Utah State caught my attention for our dark sky book. The stars aligned and our two year project commenced.

Our goal was to cover as many of Utah's Dark Sky Places as possible. During one of my last research road trips with my 14-year-old Jack Russell, Aro, we found ourselves in one of the darkest and quietest locations I had ever experienced. We camped on the rim of the Goosenecks above the meandering San Juan River which eventually empties into Lake Powell. The sheer silence was astounding. Not a single sound. There were no trees or leaves to rustle in the wind. There were no birds chirping or coyotes howling. Even the handful of other campers were mysteriously quiet. It was a silence that one can rarely



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- Use fewer lights and/or use dimmer switches throughout your house.
- Use blinds and drapes after sunset to help reduce light pollution from escaping windows.
- When purchasing outdoor lighting, consider lighting that is dark sky-compliant with a focus on lighting that points downwards, rather than up into the sky, as well as directs light only where it is needed.
- Consider unplugging all your devices after sunset, including iPhones, iPads, and laptops. All of the screen light from your devices also contributes to light pollution.
- Turn off as many indoor and outdoor lights as possible when you sleep.
- Consider joining the International Dark Sky Association and find out if there is a local chapter in your area.
- Use apps like PhotoPills, Sky View Life, or Sky Tonight to help you locate stars in the night sky.

"Every spring, billions of birds migrate north, the majority of them flying at night. However, as they pass over cities on their way, they can become disoriented by artificial lights and skyglow, often causing them to collide with buildings or into windows. Let's do our part to help the birds who are already under assault from climate change, urban sprawl, habitat loss, air, light and noise pollution, and drought. Please dim your lights to help our local birds complete their journeys safely," Heather Dove President, Great Salt Lake Audubon.

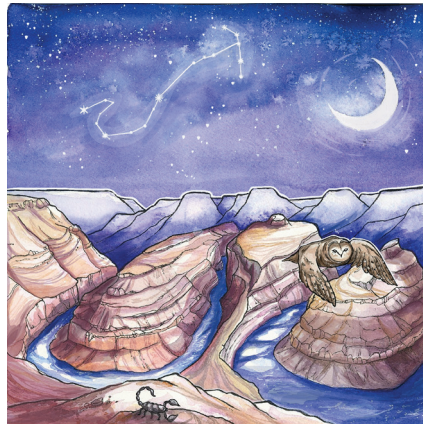
For information about how to join the Dark Sky Movement, visit the International Dark Sky Association website, www.darksky.org.

Olé's Dark Sky Journey

Lucky Penny Publications, LLC recently released the newest book in the Wildlife Adventures for Young Readers series specifically focusing on Utah's Dark Skies titled Olé's Dark Sky Journey.

Book Description: Olé, an endangered Mexican spotted owl, flies from one park to another and introduces our readers to unique geological features and constellations, exploring places like Mesa Arch in Canyonlands National Park, Angel's Landing in Zion National Park, and Delicate Arch in Arches National Park. Will Olé meet his mate along the way to conserve the Mexican spotted owl species? Read along to find out where Olé travels and whoo, whoo, whoo he meets along the way.

Olé's Dark Sky Journey is currently available in Park City at Right at Home Designs or by emailing melissa@luckypennypress.com.



imagine or explain. Even in nature, there is always something that makes noise. But not that night.

The experience was a turning point for me. Now I seek out Dark Sky Places, chasing the Milky Way. I have downloaded apps to my phone so I can point the camera to the sky to learn more about the constellations and phases of the moon. I used to leave on outdoor lights for safety, but no longer. I make sure lights are out when I am not in a room. How often do you contemplate our dark skies? Do you think about birds and insects migrating that need darkness for their travels?

Here are a few suggestions about things you can do to help with light pollution:

- Turn off lights when not using a room.



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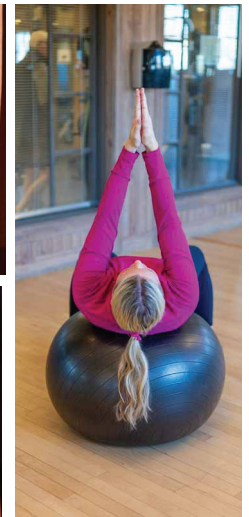


Five Tips to Get Ready for Spring Mountain Biking

Article & Photos By Erica Tingey – CEO of Women in the Mountains and PMBIA Certified Mountain Bike Coach

If you live in a colder climate, we hope you're finding ways to enjoy winter! Even if you love snow sports, now is an excellent time to prepare your muscles, bones, and joints for spring mountain biking. Let's face it — as we age, our bodies may not be quite as forgiving as they once were. You can improve your chances of an injury-free riding season by keeping it strong and active during the off-season. With all exercises, warm up, start small, and increase slowly. Below are five exercises to work on — find examples on YouTube and other streaming platforms. If in doubt, check with your primary-care clinician before starting any exercise program! Even 20 minutes daily will help you get off to a better spring start!

- 1. Cardiovascular training:** Mountain biking requires good cardiovascular fitness, so incorporating cardio workouts into your off-season routine is essential. Remember to focus on Zone 2 cardio — between 80 and 90% of your cardiovascular exercise should be low to moderate intensity. Some excellent winter cardio options include walking, jogging, riding a stationary bike or elliptical, or cross-country skiing.
- 2. Strength training:** Strengthening your core, lower body, and upper body will help on the trail. Consistently incorporating exercises such as squats, lunges, deadlifts, push-ups, pull-ups, dead bugs, and rows into a routine will build strength, improve balance, and help prevent injuries.
- 3. Plyometric training:** Plyometrics involve explosive movements, such as jump squats, box jumps, and star jumps. These exercises can help improve agility and power, which are essential for navigating technical



- 4. Balance and stability training:** Practicing single-leg squats, yoga, and pilates can help improve balance and core stability. This will lead to increased control on technical sections!
- 5. Mobility training:** Mobility exercises can increase flexibility, which is essential for preventing injuries. Add some hip stretches, hamstring stretches, shoulder stretches, yoga, and foam rolling to improve mobility, flexibility, and posture.

Taking time to get your body ready for mountain biking will pay huge dividends in endurance, power, agility, control, stability, and motility. These exercises will not only improve your chances of an injury-free season, but they can significantly increase how much you enjoy riding.

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Boys Baseball

Apr 03	Highland HS	JV 3:30pm
Apr 04	@ Highland HS	Var 4:00pm
Apr 05	Highland HS	Var 4:00pm
Apr 06	@ Highland HS	JV 3:30pm
Apr 07	Highland HS	Var 4:00pm
Apr 10	@ Brighton HS	JV 3:30pm
Apr 11	Brighton HS	Var 4:00pm
Apr 12	@ Brighton HS	Var 4:00pm
Apr 13	Brighton HS	JV 5:30pm
Apr 14	Brighton HS	Var 4:00pm
Apr 18	@Fremont HS	JV 3:30pm
Apr 24	@ Murray HS	JV 3:30pm
Apr 25	Murray HS	Var 4:00pm
Apr 26	@Murray HS	Var 4:00pm
Apr 27	Murray HS	JV 5:30pm
Apr 28	Murray HS	Var 4:00pm
May 01	@Skyline HS	JV 3:30pm
May 02	Skyline HS	Var 4:00pm
May 03	@ Skyline HS	Var 4:00pm
May 04	Skyline HS	JV 5:30pm
May 05	Skyline HS	Var 4:00pm

April 2023 Park City Miners Sports Schedules

Girls Softball

Apr 04	@ Highland HS	Var 3:30pm JV 5:15pm
Apr 06	East HS	Var 3:30pm JV 5:30pm
Apr 18	Olympus HS	Var 3:30pm JV 5:30pm
Apr 20	Brighton HS	Var 3:30pm JV 5:30pm
Apr 21	Provo HS	Var 3:30pm JV 5:30pm
Apr 25	Murray HS	Var 3:30pm JV 5:30pm
Apr 27	Highland HS	Var 3:30pm JV 5:30pm
Apr 28	North Summit HS	Var 3:30pm JV 5:30pm
May 02	@ East HS	Var 3:30pm JV 5:30pm



Boys Soccer

Apr 04	@ East HS	Var 3:30pm JV 5:15pm
Apr 07	Skyline HS	Var 3:30pm JV 5:45pm
Apr 21	@ Skyline HS	Var 3:30pm JV 5:15pm
Apr 25	@ Brighton HS	Var 3:30pm JV 5:15pm
Apr 28	East HS	Var 5:30pm JV 5:00pm
May 02	@ Olympus	Var 7:00pm JV 5:00pm
May 05	Highland HS	Var 5:30pm JV 5:00pm

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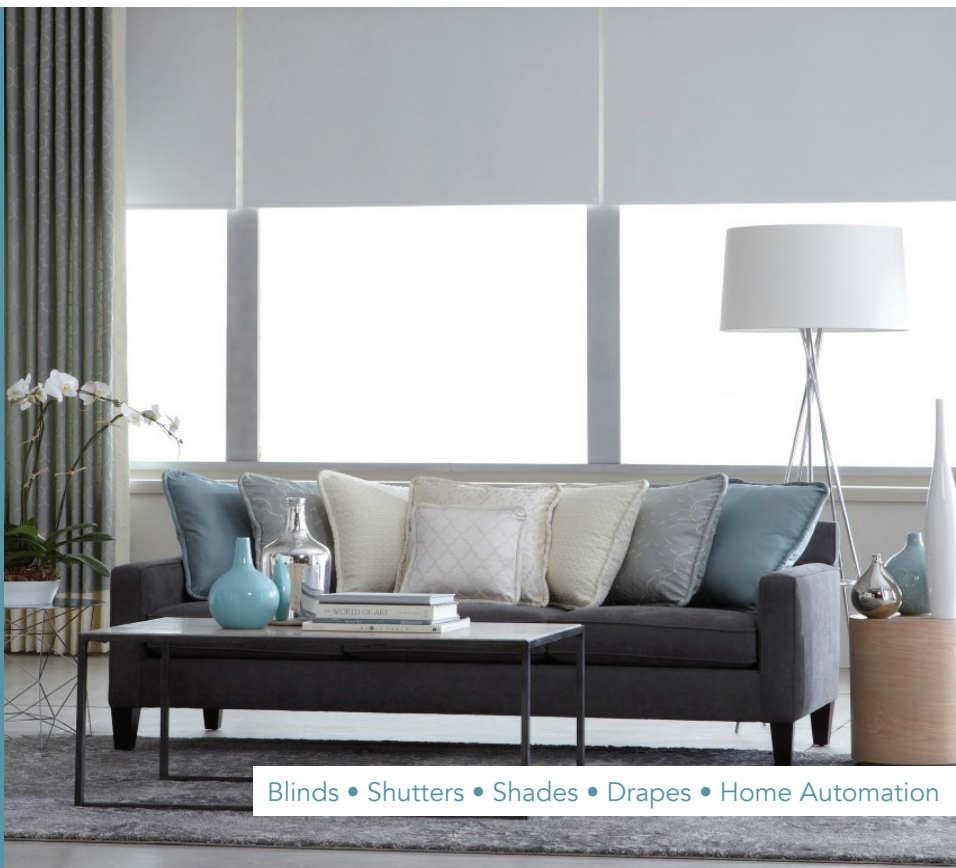
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Every Day is Earth Day at Swaner Preserve and EcoCenter!

By Bri Cencak

Though Kermit the Frog sings that “it’s not easy being green,” the practice of “Going Green,” a term used to describe actions that are better for the environment, is actually quite simple!

As we approach Earth Day on April 22nd, now is a great time to pause and reflect on how our daily actions impact the world around us. Though the environmental issues we are facing can seem overwhelming, you can start to make a difference with individual actions.

If you’re searching for quick and easy ways to implement a “greener” lifestyle, check out some of our favorite sustainable swaps:

- Instead of using single-use plastic Ziploc bags, try out Stasher Bags! These sturdy and dishwasher-safe bags are great for taking food on the go, storing dog treats, organizing kid supplies, and more.
- Trade your plastic toothbrush for a bamboo one! Unlike plastic toothbrushes, the handle on bamboo toothbrushes is biodegradable. You can throw the handle into your compost, or upcycle it to label your garden.
- Switch to using bar soap! This can be done in the shower, bathroom sink, and kitchen for washing dishes. Bar soap reduces plastic waste,

uses less water to produce, and you can often find locally made options.

- Use wool dryer balls instead of dryer sheets. Wool dryer balls reduce drying time (which saves energy!) and don’t contain chemicals that are often found in dryer sheets and fabric softeners.
- Swap your batteries for rechargeable ones to save money and reduce your carbon footprint. Be sure to recycle batteries, regardless of whether they are rechargeable or not! Improperly disposing of batteries can lead to water and air pollution.

You can find all of these products (and more!) at the Swaner gift shop, open Wednesday through Sunday 10 AM – 4 PM, with extended hours on Thursdays and Fridays until 7 PM during our FORE! The Planet exhibit through April 30th. Don’t forget your reusable bag!

Want to stay involved in the community and continue making a positive impact during Earth Month? We have plenty of options for you at Swaner! A few upcoming events include a trash clean up around the Preserve, a screening of an environmental film with PC Film, a community science project to collect data on biodiversity, and a Green Reads at the library. Make sure to check out our calendar for event details. We hope to see you soon and hear all the ways you’re “Going Green!”

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A Dose of Magic with Park City Library's Youth Librarian, Katrina Kmak

By Ashley Brown

Katrina Kmak bubbles with enthusiasm. Her excitement and creativity render her the perfect youth services librarian. She embodies her position by living out two essential themes. The first is to bond with people. The second is to help people realize they are a treasure. While building up her community, Katrina strives to educate with reliable and appropriate information.

Before Katrina found Park city, she lived a life of traveling and acting. She performed seasonally in Denali National Park for Princess Cruise Lines and in Pennsylvania, acting in an interactive mystery on weekends. On a whim, she moved to Park City for a season and started working with Deer Valley in the children's center. Within two years, she realized Park City was her home. Katrina recalls how she felt deciding to stay, "I think this is it! This feels really good to recognize and know people and see people's children grow up. It feels really good to have a community... This is filling up the part of my heart space that I need."

Soon after she decided to make Park City her home, her life began to fall into place. When she started her job at the library, she also participated in the Park City Follies for the first time. In her initial role with the Park City Follies, she met her now-husband, John Burdick. "Everything snowballed into this life that I never even imagined could happen, and I can't imagine it any other way now," Katrina says.

Katrina embraces and enriches her role as Park City Libraries youth librarian with her acting and singing skills. Every storytime and activity, she lives up to her title, Mary Poppins of Park City, with delight. She exclaims, "Why do I want to keep making magic? Because magic is where it's at! If there is no magic, no sparkle, no joy, then why do it?"

Katrina's zesty magic uplifts the Park City community. She cherishes every interaction as an opportunity. Her ambition, "Make people feel safe, loved, know that they can do anything they want."

She realizes the impact her role can have on individuals who visit the library. "There is this thing about libraries.... There are no limits. That is the part I can get behind 100% because I get behind people," she says.

Katrina understands that in our current climate, librarians face increasingly tricky questions. She sees herself as a knowledgeable guide who provides access to information representing a broad range of views. With expanding awareness, Katrina faces significant concerns about cultural appropriation and offensive content. "Our perspective is changing the more we learn as a society," she explains.

Katrina educates the youth about what is appropriate, using content from the past



as teaching tools. Bravely she asks herself, "What is our place as a library? Do we weed books with inappropriate content? ... Or do we use them as teachable moments?"

In addition to her keen awareness, Katrina purchases books to represent all manner of people. She explains, "For me as a librarian, I want to make sure there are people of different races, people of varying abilities, and people of different gender identities that are writing the books and represented."

Katrina's tangible enthusiasm seeps into all aspects of her life, whether leading storytime, on stage, or interacting with a library customer. She finds joy in her life's truth, "I love people... That is what feeds my soul"

Hidden Gems of Park City

By Aidan Bizirca, 7th Grade

Park City, Utah is a renowned destination for outdoor enthusiasts, offering a vast array of recreational opportunities, such as skiing and biking, that draw millions of visitors annually. However, what many miss out on is that this charming city has much more to offer than just its popular outdoor activities. For those seeking a unique and enriching experience, Park City holds a layer of hidden restaurants and activities, waiting to be discovered.

One such treasure is the Park City Museum, a must-visit for history fans, families and anyone interested in learning about the city's rich and storied history. The museum is renowned for its interactive and engaging exhibits that provide a fascinating insight into the city's legacy as a thriving silver-mining town and later, its evolution into a world-class ski destination. Situated conveniently on Main Street, the Park City Museum is easily accessible, making

it an ideal stop for visitors looking to delve into the city's past and gain a deeper appreciation for its heritage.

Another hidden gem, also located close to Main Street, is The Escape Room Park City. The escape room is situated in The Gateway Center. Each one of the fun and interactive Park City-themed escape room puzzles provides a convenient and accessible location for visitors looking to enjoy a unique and challenging experience while visiting Main Street.

Outside Downtown Park City, in Kimball Junction is the Utah Olympic Park, a former venue for the 2002 Olympic Games while also being a fun thrill attraction. The Olympic Park, while having the Alf Engen Museum, also has Bobsledding tours, allowing visitors a one-of-a-kind experience.

4 Tips to Connect with your Child Through Music

By Kayla Kantor, Program Director, Hive Family Collective

1. Sing, sing, sing! We promise your baby will love it! Has someone ever told you to stop singing in the car because your voice was, let's say...underwhelming? Well, when it comes to your child, you don't have to worry about sounding like the next Taylor Swift. Did you know that your baby still prefers your voice over any other? It's true! Babies prefer their mother's voice to any other voice in the world. Your baby even recognizes your voice as soon as they are born, and they will calm to the sound of your voice over a professional recording any day. So, what does this mean? Sing, sing, sing away! We promise your baby will love it.



2. Use music with intention Have you ever listened to music to pump you up for a workout or to calm you down on the car ride home from work? If so, you're already well versed in how music can be used to accomplish a goal! Now, let's apply this logic to your child. Does your child need help winding down for bedtime? Try playing a soothing "bedtime" song each night to signal the transition to sleep. Or, what if your child struggles to get dressed in the morning? Make up a fun, playful song about getting dressed that will help motivate your child with this task! Bonus points if your child helps you create the lyrics to their own silly song!

3. Are you bored of reading? Sing your book instead! Reading has many amazing benefits, but why not shake things up a bit and try creating a little melody to one of your child's books? Singing a book only increases the benefits of reading, as it will help to engage your child more and stimulate other parts of their brain! Start with an easy rhyming book like "Brown Bear, Brown Bear" and create a short melody that you can repeat over and over. If that feels intimidating, look up your child's book on Spotify! Many artists create melodies to children's books, and you may have luck finding yours!

4. You already have everything you need You don't need to buy fancy instruments or equipment to make music in your home. Take out some pots and pans and a wooden spoon to create a makeshift drum set! Explore body percussion by showing your child the different sounds their own body makes when they clap their hands versus tapping their knees versus snapping their fingers. The creative possibilities are endless and you will both have fun creating silly sounds together!



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Former Pro Big Mountain Free Skier and ER Doctor Brings Wilderness First Aid to Peru

By Casey Lane, *Memoirs of a Mom* @bycaseylane
Photos by Claudia Bouvier



It's a little known fact that once you've landed a 720 off a snowy cliff as a professional big mountain free skier – emergency medicine, two toddlers, and global health naturally follow.

At 5'1", beneath an ankle-length coat and bucket hat, Claudia Bouvier walks stylishly into a coffee shop in sub-freezing temperatures. So how do ER doctors take their coffee? "I'll have a latte," she coolly orders, with regular milk.

I assume any woman who makes snow her landing pad for aerial summersaults is immune to its chill, but as the front door swings open every few minutes, Claudia finds a warmer table near the back, and I exhale a silent sigh of relief to learn this Bomb Mom is still very much human.

It's 1995, and eight-year-old Claudia is behind her mother and father touring the Dominican Republic from the back of a small moped. They stop in a neighborhood where her French Father asks a local family, in Spanish, if he could exchange a few small bills for a tour of their home. "He would show me their house and say 'See, they don't even have floors; they have dirt floors. This is their kitchen, living room, and bedroom, and just show me how people were living. I think that drove me into medicine and taking care of people that are underserved. [My parents] didn't have a lot of money. They owned a deli, but being like, look how lucky you actually are.'"

Almost three decades later, Claudia, now a board-certified ER physician, her husband Chuck, and their two boys, Oliver (2) and Sebastian (1), are in the mountains of Peru, their toddler's fourth country. With backpacks on, the family of four (plus Claudia's mom) spends 20 days traveling through Cusco in-between Claudia's work With Sacred Valley Health, an extension of her Global Health Fellowship through the University of Utah. "People will come to me and they're like, 'You felt ok bringing your kids to Peru?' I feel like being an ER doctor, stuff happens, you know? You're driving down the road and get into a car accident. So, what's the difference if I go to Peru? Maybe it sounds bad, but you can't just live in fear, you're just gonna have to take it on. They're really good at adapting to new places, [Oliver's] like, 'Are we gonna go to a new hotel tonight?'"

Through Sacred Valley Health, Claudia educates and trains the local Promotoras de Salud (Community Healthcare Workers) on wilderness and emergency medicine in the city of Ollantaytambo - the gateway to Machu Picchu in the Sacred Valley of the Incas. "I'm such a mountain person, and it's such a beautiful mountainous country. [My father] would spend the winters [in the US] and the summers in South America. There are pictures of him with skis and ski bags on these old boats going through the Amazon to Southernmost Chile to ski."

As a former member of the World Pro Ski Tour, Daniel Bouvier, Claudia's father, passed another of his passions to his only daughter. "I did half-pipe,



slopestyle, and then I did big mountain ski. In slopestyle, we were kind of still the first group of girls that had ever really done it. I was one of the first girls to land a 900 on a big slopestyle jump and in the half-pipe. I did try to do 720s off cliffs. I just was really about the progression of women's skiing."

I sip my tea between "mmhmm's" and "ooo wow's," working hard to quiet an inner critic eager to remind me I'm neither a big mountain free skier nor an international doctor teaching emergency medicine in the mountains of Peru. It's so easy to feel isolated in comparison, and moms are experts. We've got measuring tapes on belt clips and we know just where we're short. "I'm always really hard on myself," Claudia tells me, "I'm my biggest critic. I always feel guilty when I'm not engaged with my children. I still feel guilty when I leave. I think every mom has guilt. You feel guilty for being home, for not working, and now that I'm back at work I feel guilty for working."

In February of 2020, just weeks after Oliver was born, Claudia's father passed away. "My dad had always been so grounding for me. If I had a serious life question, he would really help guide me. Not having him was so crazy for me and I... I got a little lost." There's a moment when I see Claudia's eyes water, so naturally, I break into tears.

Podiums, 900s, big mountains, and emergency rooms aside, motherhood can be a dark and choppy sea, for even the most successful sailors among us. Balancing careers, ambitions, and young children is a sensory experience, blindly feeling for cues and direction from the few we trust to guide us. For Claudia, returning from maternity leave meant mourning the loss of her father, while entering motherhood and a healthcare system both surviving the pandemic. "I was wearing this full spacesuit and having to intubate COVID patients with my little, tiny baby at home. I was pregnant again in July and I immediately went to part-time. If you'd asked me before I had kids, I would have never said I'd be a stay-at-home mom or take extra time, but I needed to be with my kids and just refocus. I realized if I was gonna continue in medicine, I had to do something that was fulfilling and had a purpose if I was leaving my children. My mom found this old picture of me when I was 11 and I was dressed up as a doctor on a sailboat, sailing around the world taking care of people, and she was like, this is what you have to do. This is what you've always wanted to do."

Despite the current political unrest, Claudia will return to Ollantaytambo in August along with 60 medical kits she is stocking through fundraising via Sacred Valley Health. The kits will serve Promotoras across more than 20 villages, many of whom walk or hitchhike for hours to arrive at the training site. "The closest village they work with is 30-45 minutes away, and the longest is six hours. They're all dirt roads and very few people within the villages have cars. If something happens in these towns, it can take a long time to get to the health center, and they're not always guaranteed to be open or staffed. So, we train these community people to either stabilize, help get people down to healthcare facilities, or prevent them from traveling for more minor things."

By now it's nearing 11 a.m. and our cups are empty. I have a sick kid at home and Claudia's just a few hours away from school pick-up. The temperatures outside are still in single digits and we both grab our coats from the backs of our chairs. "I was gonna cross-country ski today but it's way too cold for me. I'm a fair-weather cross-country-er," Claudia tells me. I laugh and wipe whatever mascara has dried beneath my eyes.

It's a little known fact that once you've shared tears, a latte, and negative temperatures with a fellow mom, a friendship naturally follows.

Summit County Sheriff Search and Rescue Saves Lives

By Ashley Brown • Photos by Summit County Search and Rescue

For nearly 50 years, Summit County Sheriff Search and Rescue (SCSAR) has served the community by fulfilling its mission “to save lives.” SCSAR is a volunteer arm of the sheriff’s office under the direction of Sheriff Martinez that provides search and rescue services for Summit County 24 hours a day, 365 days a year. SCSAR relies on dozens of volunteers to respond to outdoor accidents and rescue needs in the community. Rescues can last anywhere from a couple of hours to multiple days.

Volunteers like team commander Kory Vernon donate their time and skills to keep SCSAR in operation. In addition, the volunteer team makes a significant commitment to the community by agreeing to the SCSAR expectations - attend the monthly volunteer training and respond to at least 50% of calls.

Kory has been a volunteer for nearly 20 years. His position as team commander requires additional duties. “As team commander, I am responsible for maintaining a volunteer group of civilians to work directly with the Summit County Sheriff’s office,” he explains, “I oversee personnel to make sure they are trained, managed, and kept safe during operations.”

With upwards of 50 volunteers, the group is a model representation of diversity.

“It is about working together as a team. We all have to put aside our differences, whether they be mental or physical, and just



accomplish the mission at hand,” Kory describes, “Everyone brings a skill or specialty to the table, and we use it to get the task done.”

Kory explains how variety in volunteers enhances the team. “Diversity helps in decision-making. My way is not always the right way... It’s been a good learning experience for me, and it’s an experience I will have for the rest of my life,” he says.

While the team is diverse, they all share a common goal, to keep the community safe and help save people’s lives. Kory defines what drives him to keep volunteering. “When you actually are there, and you get to see a loved one or somebody that has been missing or hurt and witness the reaction of the family or friend when their loved ones are brought down safe... That is the reward. That is why everyone does it,” he says, “Until you see it and experience it, you will never understand why people would volunteer for such a demanding job and not get paid for it.”

Maybe you’ve seen a need in our community and wondered how you could help. Maybe you want to use your professional skills to help others — or even learn new skills. Maybe you’re seeking connections with other service-minded professionals in our community or abroad.



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SCSAR has seen a drastic increase in people recreating outside in the past five years due to better equipment and access to advanced technology. The result is more people needing rescue and assistance. A call to SCSAR is not something to take lightly. Kory explains, "When we get that call, we have to deploy our teams, and we are putting our people at risk trying to go help someone."



Unfortunately, many SCSAR calls come from people who did not adequately prepare. Kory confirms, "A lot of people are out recreating nowadays who are not equipped correctly, and they don't have the experience or the physical level to be out there."

Summit County residents and visitors have a responsibility to themselves and SCSAR to make informed recreating decisions. Kory's advice is to ask yourself an important question before embarking on an adventure, "Am I going to put someone else in danger by going out and doing this?"

Summit County Sheriff Search and Rescue has a non-profit partner, Friends of Summit County Search and Rescue <https://fscsar.org/>, which accepts donations that help support the SCSAR group.

THE "TEN ESSENTIALS" OF BACKCOUNTRY TRAVEL

1. **Navigation** - Map & Compass, GPS & Extra Batteries, Watch
2. **Signalling** - Whistle, Mirror, Cell Phone, Surveyor Tape
3. **Light Source (Two)** - Headlamp, Flashlight, Extra Batteries
4. **Nourishment** - Water & High Energy Food for 24-48 Hours
5. **Shelter** - Lightweight Waterproof Tarp, Bivy Sack, Parachute Cord
6. **Fire Building** - Waterproof Matches, Fire Starter, Heat Tabs, Knife, Saw
7. **Personal Protection** - Medications, First-Aid Kit, Sunscreen, Dark Glasses, Bug Repellent
8. **Weather Protection** - Extra Clothing, Rain Gear, Hat, Gloves, Large Heavy-Duty Plastic Bag
9. **Winter Add-Ons** - Avalanche Beacon, Probe Pole, Shovel with Metal Blade
10. **Rules to ALWAYS Follow:**
 - a. Never go alone: sorry, dogs don't count!
 - b. Always tell someone where you are going and when you expect to return
 - c. Stay on the trail: never "bushwack" unless you are very familiar with the area.
 - d. If lost and waiting for Search and Rescue, REMAIN CALM, STAY WHERE YOU ARE, and DO NOT WANDER.
 - e. The best equipment won't help unless you know how to use it. Take a training course, and practice frequently, especially with your Map & Compass, and Beacon/Probe,/Shovel.

Press Release: Mountain Town Music Memorial Scholarship

By Jeana Campbell, Mountain Town Music

Mountain Town Music's Michael James Richards (MJR) Memorial Scholarship for graduating Summit County students (up to \$20,000) scholarship to pursue a career in the music industry at the collegiate or technical school level. Qualified students must major or minor in a music-related field.

Mountain Town Music and the MJR scholarship is committed to diversity, equity, and inclusion.

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The Park City Investor Team Answers Your Questions

By Drew Via and Annett Blankenship

What advice do you have for local residents interested in getting involved in investment property ownership?

Drew: Contact someone familiar with investment properties in our market. Everyone's goals vary slightly, and finding the right fit can take time. These conversations are specific to each client. Whether you're looking for long-term appreciation, nightly rental income, or both. The main contributing factors to keep in mind are the price point, location, and unit size.

Annett: I agree. If someone has a mortgage, it's challenging for cash flow. Rental income can be lucrative but typically covers HOA and property management. Most investors in the greater Park City area have benefited greatly from long-term appreciation. Call us to discuss options if you are interested in investing!

How will the current mortgage rates affect our local real estate market this spring?

Drew: So far we haven't seen any real change in our market with interest rates increasing. Our market was a bit slower last year from July to November as people watched the economy to see what would happen, but since the start of 2023, we have seen more sales, and Buyers are still financing purchases. Our inventory is still very low, and the Buyer demand seems to come in waves. Most Buyers can buy down the rate if they'd like, but many are just planning to refinance down the road.

What are the best renovations for a seller to consider completing before selling a property?

Drew: Painting is the most common update for Sellers before selling their properties. Changing the wall color can brighten a room and make the home look entirely different. The style changed from yellow tones in the early 2000s to more of a greyscale, so white or gray is usually the way to go on the interior. Always fix anything wrong with the home to ensure the "under contract" process goes smoothly. Depending on the age of the house, we'd be happy to give you a consultation since every home is different.

Annett: Every Buyer has different ideas of what they want to do with a property. A new kitchen may or may not matter to them if they plan to renovate the home to make it theirs. Sometimes neutral paint and decluttering are all you need.

I have heard that the market is back to "pre-covid numbers." What does that mean?

Drew: Our market is back to "pre-covid numbers" in the number of transactions or sales volume per month, depending on the neighborhood you're looking at. Our prices are higher, so we see fewer transactions in some parts of the market than in 2019 but with similar sales volume. Most Realtor's production numbers in our area are also back to 2019 levels.

Annett: We haven't seen what the media is reporting about the real estate market in the rest of the country. Yes, inventory is increasing in some areas, and we are starting to see some price adjustments. However, prices are still well above "pre-covid" numbers. The most significant adjustment for sellers and us Realtors is that properties are starting to sit on the market longer. However, plenty of buyers are still waiting for the right property or interest rates to come down. So far this year, most ski properties have been selling at or above the asking price.

Featured Properties



Waldorf Astoria | Canyons Village
\$1,595,000
2 bedrooms | 2 baths | 1,271 SF
Steps from Skiing & Golf



3703 Blackstone Dr | Canyons Village
\$1,325,000 2 bedrooms | 2 baths
1,160 SF | Steps to Cabriolet & Transit Center
| Shuttle Service | Pool | Gym & More



1277 SkyRidge Dr | Jordanelle I
\$999,000 0.39 acres | Overlooking future
golf green | Walk to Clubhouse



Westgate 3912 | Canyons Village
\$1,250,000 2 bedrooms | 2 baths
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rental income | Great Amenities



**1314 Village Green Trl | Silver Creek
Village I** **\$860,000**
4 bedrooms | 3 baths | 1,700 SF
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2260 Park Avenue #3 | Park Meadows
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TIPS AND TRICKS: HOW TO SIZE YOUR LIGHT FIXTURE

By Jennifer Brassey

Typical guidelines for sizing a fixture for your room don't always work in our large Park City rooms, so size up if you are in doubt! Size up, especially if the ceiling is tall, because things that are further away appear smaller. Of course, we know that, but it's remarkable how a fixture shrinks when it is installed high off the ground!

WHAT SIZE?

For starters, add the length and width (in feet) of the room together, and that is the minimum width of fixture (in inches). For example, a 15 x 15 bedroom requires a 30" minimum fixture width. If you take notice, you will see most fixtures are too small for the space!

HOW HIGH?

To determine the height to hang your fixture, most rooms follow the guideline of 3" fixture height for every foot of ceiling height. For a 9' ceiling, hang your fixture 27" from the ceiling. Taller areas like foyers and stairwells have other considerations, so you may want to get some professional advice. Luckily the Elume team can help!

DINING ROOM TIPS

Your dining fixture should be about 60-66" off the floor which should put it about 30-36" over your table. A rule of thumb is to



raise it 3" for every foot your ceiling is over 9'. It feels better to go higher if you are preserving a view or if your family is extremely tall.

When sizing a fixture over a table, the fixture width should be 1/2 to 3/4 the width of the table. Make sure the fixture has 6 - 12" on all sides - if your table is 60" round, 30 - 36" would feel right. If your table is rectangular 40" x 72", go with a 36 - 48" linear fixture.

KITCHEN ISLAND

Ideally, your pendants (or pendant) should be 69 - 72" from the floor. Again, adjust to preserve a view or if you have an extremely tall family, because it doesn't feel right to have the pendant(s) at face level. If you are choosing two larger pendants, I think it feels better to install them higher off the counter. As far as spacing, 2' apart for small and 30" apart for larger pendants, although there can be more nuance with island pendants. Depending on the look you are going for, you may not need 30" between oversized pendants.

BATHROOM VANITY LIGHTING

When installing a vanity bar above the mirror, the fixture should be at least 1/3 the width of the mirror and should never exceed the mirror width. If you are using sconces on either side of a mirror (this is preferred for lighting your face without shadows), 60" off the floor and 28" apart is ideal. Be aware of where the mounting plate is on your fixture - if it is on the top or the bottom, your J-box should be installed so the light source is at 60" off the floor (or face level).

Of course, there are many situations where these guidelines just don't feel right. That's when you call in the professionals at Elume or call in a designer. Lighting is important for illuminating, but the fixture also needs to feel in proportion to the surroundings. Some rules are meant to be broken!



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Flourless Almond Butter Chocolate Chip Cookies

By Kelley Epstein, Mountain Mama Cooks

This winter has been one for the books. The kind of season I hope to tell my grandchildren about. I mean, come on! How many “best ski days” can a gal have? (The answer: a lot.) I haven’t seen this stoke around town in a long time. For so many years, the conversation has been centered around the lack of snow this season; all anyone can talk about is how MUCH snow we’ve gotten. It’s been pretty incredible.

However, as the end of the season draws near, I can’t help but wonder, is it going to end? Is the sun ready to make a more regular appearance? How long will the mud season last? Even the most die-hard of winter enthusiasts- myself included- are starting to waiver in their enthusiasm.

So if you’re still chasing the last bit of winter or looking for something sweet to soothe those winter blues, I’m confident these Flourless Almond Butter Cookies are the answer. When aren’t cookies the answer? These cookies make the perfect pocket snack and equally hit the spot with a mug of tea, curled up on the couch, waiting for spring. For me, it will likely be a bit of both.



INGREDIENTS:

- 1 cup almond butter
- 1/2 cup brown sugar
- 1 egg
- 1/4 teaspoon kosher salt
- scant 1 teaspoon baking soda
- 1/2 teaspoon pure vanilla extract
- 3/4 cup dark chocolate chips

INSTRUCTIONS:

- Preheat oven to 350 F degrees. Line a large baking sheet(s) with parchment paper or nonstick baking mat.
- In a medium bowl combine almond butter, brown sugar, egg, salt, baking soda, and vanilla. Mix until thoroughly combined. Stir in chocolate chips.
- Form dough into 1.5-inch size balls. I like to chill the cookie dough balls for an hour so before baking but know it’s not necessary. I’ve made them plenty baking straight away. I just think the cookies hold their shape better if they’ve been chilled before baking. If the cookie dough balls are too oily from the almond butter, use a paper towel to absorb excess oil before baking.
- Place cookies 2 inches apart on the lined baking sheet. Bake cookies for 10-12 minutes. Remove the cookies when they still look a little soft- they’ll firm up as they cool.
- Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely.
- Store leftover cookies in an airtight container and store at room temperature for up to 7 days.

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April Showers Brings New York Sours

By Tom Brazil, Cheers & Swizzles

The perfect balance of fruity red wine and bourbon, the New York Sour cocktail is a classic for a reason, thought to have been first made in the 1880s by a bartender in Chicago before becoming best known as the New York Sour likely after a bartender in Manhattan started serving it. Shaking the cocktail with large ice cubes will chill the cocktail without diluting it—and those large cubes look great in a rocks glass, too. Be sure to pour the wine slowly over the back of the spoon to create the perfect float. If you're feeling adventurous, add an egg white to the shaker for a thicker viscosity, but do not stir. Enjoy this fabulous-looking and tasting layered cocktail.

Active Time: 5 mins • **Total Time:** 5 mins



INGREDIENTS:

- ¼ cup (2 ounces) bourbon
- 2 tablespoons (1 ounce) fresh lemon juice
- 1 tablespoon (1/2 ounce) simple syrup
- 2 tablespoons (1 ounce) fruity red wine, such as a Cabernet Sauvignon, or Zinfandel
- 1 strip of lemon zest

DIRECTIONS:

Fill a cocktail shaker with ice. Add bourbon, lemon juice, and simple syrup; seal lid on shaker, and shake until chilled and frost forms on the shaker, about 15 seconds. Strain into a rocks glass filled with large ice cubes. Gently and slowly, pour wine over the back of a spoon held just above the cocktail's surface, letting the wine float. Pinch lemon peel over the cocktail, and run around the rim of the glass; add peel to glass as a garnish. Serve immediately.



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Juicing: Is it as Good for You as They Say?

By Autumn Bear – Owner of Autumn Bear Acupuncture

Juicing is an incredible tool that has a mountain of benefits in the use of treating disease. The body can absorb vitamins and nutrients quickly due to its liquid state. It can be especially beneficial for people with digestive issues who cannot easily extract nutrition from their food. However, like all things, juicing has a few downsides, and it can be harmful without the necessary knowledge and understanding.

Energetically, vegetables are cooling by nature. When you juice, you create a vitamin-rich drink that has a calming and cooling effect on the body. For people who suffer from extreme inflammation, like in circumstances where the disease is very hot, such as psoriasis, arthritis, high blood pressure, migraine headaches, and Cancer, the cooling effect and high nutrient density can be life-saving.

Juicing is also fantastic for people who are beginning to change their lifestyle and need superb nutritional support. However, what happens if a person is perfectly healthy? Can juicing be “bad”? Whenever doing anything in extreme, it is essential to look at the quantity, and the types of vegetables consumed to determine if it is a sound decision for long-term health. A few things to consider include juicing in winter, juicing every day, and juicing with the Brassica family (don’t worry, I’ll tell you what these are in a minute).

For those of us who live in wintery regions of the world, there is no question that winter is cold. The extreme cold of the climate takes its toll on every system of the body and requires special support to stay healthy and avoid the nasty colds and flu that love to attack our office spaces. Typically to support the body in the winter, we should choose warming foods that are both warm in temperature and warm in spice. The cold will slow our digestion down, so we want to feed it foods that are “predigested,” such as soups, stews, and steamed vegetables, which the food has been able to cook for several hours. The long cooking of food allows for the meat and nutrients to break down so when they hit our digestive system, they are easier to take in, and our body does not have to work too hard to extract the vital nutrients we need.

If we add cold vegetable juices and salads to our diets during these cold months, we are adding cooling food to an already cool system, so it can cause the digestive system to slow even further. This slowing of digestion can create an internal cold, which can damage the warming yang aspects of our body necessary for digestion and metabolism and can cause long-term sluggishness of the immune system at a time when we need it to be at the top of its game.

Daily juicing, again, can be incredibly beneficial for someone in

a state of disease and in desperate need of triggering a healing response by using large quantities of a particular food to create a systemic reaction and, in turn, a systemic movement away from disease. Daily juicing can wonderfully support this, but a lot would depend on the disease and the type of vegetables.

Some vegetables contain what we call anti-nutrients. Yes, you read right. Some VEGETABLES contain ANTI-nutrients. Not what you were told as a kid, right? Ok, so let’s just get down to what that means.

Anti-nutrients divide into three categories, Oxalates, Phytates, and Goitrogens. These categories come from vegetables and legumes that contain a specific chemical makeup that make them harder to digest. This is part of their evolutionary “protective mechanism” to keep themselves from becoming daily dinner since they don’t have any legs to run away or claws to fight. These plants created a biochemical protective mechanism to ensure the survival of their species. This does not mean that these vegetables are toxic, per se. It means they must be cooked to break down the biochemical protective barriers. This also means that the chemical makeup of these plants can bind to certain nutrients like calcium, magnesium, zinc, and iron and causes them to be unavailable to our bodies. In addition, goitrogens, in particular, depress the thyroid function. That can cause a whole host of problems and should be taken seriously.

What categories of vegetables have these anti-nutrients? Typically the binding anti-nutrients of phytates (also known as phytic acid) are in foods such as grains and legumes, which is not so much a concern when it comes to juicing.

Oxalates are found in spinach, chard, blueberries, and cacao/chocolate, and finally, you find goitrogens or the foods that slow the metabolism in the brassica vegetable family, which contains broccoli, KALE, brussels sprouts, collard greens, cauliflower, and all types of cabbage including Asian varieties like bok choy.

Juicing is a wonderful and powerful healing tool, but we need to read the warning labels like all the “medicine” we use. Use this information to your advantage to enjoy the lasting and wonderful benefits of a supportive nutritional diet to keep you free of disease and living a long and happy life! Cheers!

For more information on oxalates, phytates, and goitrogens, read this informative article by Amy Kubul, <http://robbwolf.com/2011/11/02/fear-and-loathing-at-the-dinner-table/>.



Meet Park City's Wine Club's Sommelier

By Pamela Wood, Certified Sommelier, Certified Specialist of Wine (CSW), American Wine Expert (AWE) and Master Wine Educator

A desire to travel, explore different cultures, and delve into world history is what led Pamela Wood to pursue her passion of all things wine. Pamela is one of only 453 Certified Wine Educators in the world. Based in Park City, Utah, Pamela is currently a professor of wine with Fox School of Wine, founder and owner of Park City Wine Club, CEO of Culinary Wine Institute, and the state educator for the employees of Utah Dept. of Alcohol and Beverage Control. Pamela also leads wine tour experiences for small intimate groups to amazing wine regions around the world, and continues to work on her private consulting and cellar management business. If it has to do with wine, Pamela is probably a part of it. **"Wine a little, it's good for you!"**



Wild Event Studio Rents Unique Flatware for Exceptional Table Settings

By Ashley Brown • Photos by Heather Nan, Table Designs by Michelle Leo Events and Marae Events

Wild Event Studio's founder and owner, Ellie Cutting, saw a gap in the Utah and Park City event industry. Her observation inspired her to launch Wild Event Studio, a rental company specializing in event tableware. Ellie herself judiciously selects dinnerware, flatware, glassware, chargers, and tabletop accessories for rent.

"In 2019, I had just left an event marketing position at High West when they were sold to an out-of-state company," Ellie says, explaining Wild Event Studio's conception, "I chose not to move to Chicago with the job and decided to start looking for work in Park City."

Ellie has a long history of working in the event industry, from sporting events to weddings to corporate and non-profit gatherings. "I've always loved event design, and I could spend hours on Instagram looking at images for inspiration," Ellie says, "I think it satisfies both the creative and the detail-oriented sides of my brain."

A conversation with her mom turned her attention and fate back toward the event industry. "I was chatting with my mom about what I wanted to do next, and she asked if there was any piece of the local event industry that had gaps that needed filling," she remembers.

That conversation triggered Ellie's memory of a colleague who could not find beautiful flatware for Savor the Summit. She immediately got to work.

"I went home and started a huge spreadsheet with research, ideas, and questions, and it grew from there - I still reference and update that spreadsheet today," she explains.

Wild Events Studio launched in 2019 and faced Pandemic-fueled uncertainty like many established and new businesses. "In the fall of 2019, I invested in a full collection in preparation for a busy 2020 wedding season. That summer brought in maybe 10 small events, which was pretty disheartening," Ellie states.

Luckily, Wild Event Studio's hurdles were indeed pandemic related. "We are currently in the thick of wedding season, prepping for multiple events every week," Ellie exclaims.



For Ellie, the most rewarding part of operating Wild Event Studio is witnessing the carefully selected tableware become integral to a meaningful event. "I love seeing the images that come back from photo shoots and events, seeing how people can create totally unique, beautiful looks with different combinations of items," she explains.

Not surprisingly, Ellie's attention to detail and ambition to find unique yet versatile pieces can weigh on her. Positive feedback re-fuels her. And synchronistic relationships with local event planners also play a critical role in Wild Event Studio's success.

"I've felt immense support from other business owners, industry professionals, and even local government, and I think that is a distinct difference of living and working in a small town," she states.

For Ellie launching Wild Event Studio in Park City simply made sense; she saw an opportunity to fill a niche market and knew that memorable events reflect the geographical beauty. "Park City is the perfect place to introduce a different, more modern, natural selection that compliments the beauty of our surroundings," she says.



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5 Gut Healthy Routines

By **Emilie Davis, Holistic Gut Health Nutritionist and Owner of Whole Essentials Nutrition**

How your gut functions plays a huge role in how you feel throughout the day, mentally and physically! Feeling bloated? Your day might not be the greatest. On the days when you're not bloated and uncomfortable, you feel like you can accomplish anything.

Building daily routines that support gut health is crucial for maintaining those good days!

Consistency and your gut: When it comes to healing your gut, consistency is key! Your body thrives with routine and structure. Why? Because a routine is essentially an order of actions with expected results. If your routine doesn't have gut-supporting habits within, the outcome is poor digestion and the accompanying symptoms. When you build your routines with gut health support front-of-mind, you can expect improved digestion and more energy to tackle your day—plus you'll feel more comfortable in your body.

Gut-healing habits to incorporate into your routine: Here are my top habits to integrate into your daily lifestyle that will support your healing. It's not just about adding more gut healthy foods into your diet!

1. Wake Up & Drink Warm Lemon Water: According to ayurvedic teachings, lemons and limes help loosen toxins in the digestive system. Warm lemon water also supports digestion by stimulating the gastrointestinal tract and peristalsis—the waves of muscle contractions within the intestinal walls that keep things moving. Additionally, starting your day with warm lemon water balances the pH in your body because of the lemon's alkaline nature.

2. Eat Balanced, High-Fiber Meals: Eating low-fiber foods, or relying on the same fiber supplement every day can damage your gut microbiota and the health of your gut lining. A proper fiber diet feeds and makes the bacteria inside the gut thrive. When those good gut bugs thrive, they increase and form new types of good bacteria.

Incorporate a large array of fresh fruits, grains, and vegetables with every meal throughout the day and your gut will appreciate the variety!

3. Eat Without Distractions or Being Rushed: Taking a break to eat a meal should be a time for you to focus on healing. Eating while stressed or distracted prevents your body from entering its rest and digest mode. Rest and digest mode is when energy is conserved, heart rate slows down, peristalsis is working efficiently and your gut has the blood it needs for good digestion.

4. Slow Down. Breathe. Chew. Drink Water: This habit goes hand in hand with the one above. Being calm before starting your meal is important and so is maintaining rest and digest mode throughout the meal. Stressed eating = stressed body and digestive system.

Chew your food 15 to 30 times, minimum. Pause in between bites to slow your eating and allow time for your brain and gut to communicate proper hunger and satiety cues. It takes roughly 20 minutes for the brain and gut to determine if you are satisfied, so aim for meals to last 20 minutes or longer.

5. Leave 3-4 Hours Between Meals & Snacks: The migrating motor complex needs time to clean out the gut so the risk of food staying in the digestive system and fermenting decreases. When food does not move through the gut properly, bloating occurs! This bodily function can't happen when meals are too close together or you're constantly snacking.

If you've been wondering if gut health is one of the causes of your chronic health issues, schedule a call with Emilie, gut health nutritionist and founder of Whole Essentials Nutrition, to find out how you can restore your health by restoring your gut.

"Just Say No" to These 3 Dangerous DIY Skincare Trends

By **Darcy DeBernarde, Master Esthetician, Owner of Skin By D Park City**

I have a confession. When I am bored, I like to peruse Instagram and see what great things other people are up to. Somehow, I end up going down the skin care influencer rabbit hole and am in awe at what is passed off as legitimate home skincare treatments.

As a master esthetician and educator, clients often ask about the effectiveness of these at-home DIY treatments. Unfortunately, the truth is many of them can do more harm than good to your skin. So here is my professional perspective on three popular DIY skincare trends: home chemical peels, using baking soda as an exfoliant, and using lemon to lighten your skin.

The first DIY treatment on my "just say no" list, and the most dangerous you can attempt, is an at-home chemical peel. A chemical peel is a controlled burn that triggers your skin's collagen production, diminishes fine lines and wrinkles, decreases pigmentation, and improves the texture and tone of the skin. Chemical peels contain strong acids that can cause severe burns and skin damage if used incorrectly. I've had clients contract 2nd degree burns from purchasing peels online and sadly end up in the ER with subsequent scarring. Peels are a fantastic tool for revising skin conditions, but they absolutely need to be left to skincare professionals who have undergone extensive training to use them.

Next on my "just say no" list is baking soda. Your skin is your first line of defense from disease, bacteria, and pollution. It has a slightly acidic protective film called the acid mantle, comprised of water (sweat) and oil, which is also antibacterial. The pH of our skin is approximately 5.5 but can vary depending on where on the body it is and if you are male or female. Baking soda has a pH of 9. When we change the skin's pH, we disrupt this protective layer and our skin's microbiome, causing inflammation, severe dehydration, skin sensitivities, and so much more. The skin may briefly look good following baking soda use, but over time, your skin will pay the price for this DIY treatment with chronic inflammation resulting in premature aging.

The final "just say no" is using lemon as a skin lightener. Lemon is often touted as a natural skin lightener, but it can cause more harm than good. Lemon is highly acidic, with a pH of about 2.2, and can cause irritation, redness, and dryness when applied to the skin. Additionally, lemon can increase the skin's sensitivity to UV light, making it more susceptible to sun damage, pigmentation, and burns. If you're interested in diminishing and preventing hyperpigmentation, many effective and safe skincare products are available with amazing ingredients that inhibit the production of melanin and brighten the skin. Look for products that contain ingredients like lactic acid, kojic acid, azelaic acid, niacinamide, and vitamins A and C which are scientifically proven to brighten the skin.

As a master esthetician, I highly recommend leaving skin care treatments to skincare professionals. An experienced esthetician can evaluate your skin conditions, determine the best treatments and products for your needs, and perform treatments safely and effectively. Don't risk damaging your skin with DIY skin care. Trust a professional to achieve the best results you desire for your skin.



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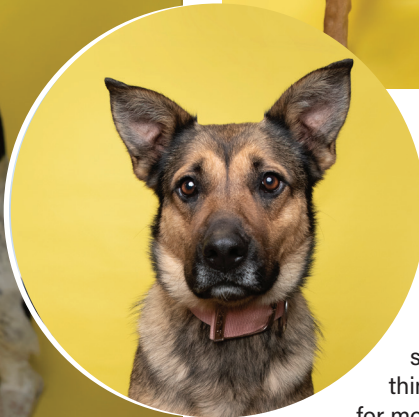
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Dog Days: Willow and Gretchen

Article and Photos by Lexie Clayburn, Take a Hike Photography

Meet Willow! This beautiful girl has been looking for a forever family her entire life. She was rescued at just three months old. She has been in two foster homes and is ready for her forever home. She does great on a leash and loves other dogs. She would do best in a patient and calm home with a family who will give her exercise. Please reach out to Dog Days Helping Paws for more information (719)-306-1099



It's my pleasure to introduce you to Gretchen! She is a 5-year-old spayed shepherd mix. She has completed a two-week board and train at the K9 legend retreat to learn basic commands. She loves to wrestle with larger dogs and would do well with kids 12 and older. She would thrive in a household that could challenge and stimulate her brain. She's such an intelligent dog and is destined for great things! Please reach out to Dog Days Helping Paws for more information (719)-306-1099

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Just Ask Herman: It Takes a Village

By Herman Hooker, with assistance by Julie Hooker



Back in 1996, First Lady Hillary Rodham Clinton published *It Takes a Village* to encourage Americans to become the kind of village that enables children to grow into intelligent, capable and resilient adults. It turns out that, for me to grow into an intelligent, capable, and resilient canine citizen, it also takes a village.

My village is filled with folks in animal welfare, veterinarians, nonprofit organizations, groomers, neighbors, dog trainers, teachers, and friends.

First, just over a year ago, mom saw my picture on the Nuzzles' website. EVERYONE was talking about me and I was a social media sensation. When mom got out to Nuzzles, she met Arin. It turned out that Arin is related to one of mom's colleagues.

Dr. Prior is also a part of my village. Dr. Prior is kinda' a big deal - he is also on the Board for Nuzzles. In addition to being our family doctor (he takes care of all of my furry siblings and me), Dr. Prior has a family that goes above and beyond for our community - they show up and they look after neighbors.

My village includes everyone at the Park City Animal Clinic - Dr. Nazzaro, Codie, and Brittany.

I've never even met some of my villagers. PJ Saylor, over at Fetch and Fetch Cares, reaches out to my mom with suggestions and to check on me.

PJ recommended Traci Madson. Traci is my trainer. I'm working to become a therapy dog. For me, it's easier than it looks. I get distracted by smells and noises. Since I can't see, I learned to trust people with quiet voices and gentle hands.

My groomer, Hillary Watkins makes me look good from the inside out. From the first day she met me, she told me I was "a good dog." Before she even fluffed my fur, I knew that she liked me and thought I was special.

In addition, my village is made up of patient neighbors. Sometimes, when I go outside, I bark to hear the sound of my voice. Sometimes, I bark to see if anyone will bark back. Other times, I bark because there are new smells and sounds. I'm still a puppy and I'm learning when it is appropriate to bark and when I should stop. My neighbors are patient. When I'm out in our yard and being a little too loud for a little too long, my mom says, "that's enough" and I run in the house for a cookie.

I think, too, that as much as I need my village. I give back. Sometimes, all I have to do is cuddle with my grandma. That makes her happy.

To live our best lives here, in Park City, it takes a village. It takes a village made up of patient people who will take and make the time to listen. It takes a village of people with big hearts who won't give up when someone has different abilities. It takes a village of people who will share their time, their talent, and their treasure to make life a little easier, a little more comfortable and a little happier for someone else.



Take A Hike, But Keep it Healthy with These Tips

By Heide Fowler

Now that the sun is shining and the snow is melting, everyone - canines and people feel the urge to get out to walk and hike. Here are the tips and tricks to keep your canine companions safe from Healthy pets.

- Make sure your dogs are up-to-date on vaccines. With the wet ground, there will be a high level of earth dwelling illnesses.
- Carry extra poop bags and clean up after your pet and pick up buried leftovers from the winter.
- Take water with you. Offer fresh water to your pet. This will prevent them from drinking the groundwater.
- Just like people, pets can have allergic reactions. Wipe your pup's eyes and face after walks with a warm washcloth.
- Be extra aware of what your dog eats and drinks on trails and hikes - you never know what can turn up under melting snow.
- Spring fever is real - with the warm temperatures, your pet may catch a scent, get excited and take an unplanned run. Make sure your pets are microchipped.
- Keep an extra microfiber towel in your car or by the door. Wiping down pets after adventures reduces muddy messes and can identify if your dog has been cut or injured.
- Paw-dicures are an essential for spring. Keeping nails short reduces the chance of paw damage.

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PRP in PC

By Carl Prior, DVM

Recently, my colleague, Dr. Johnson, and I introduced Platelet-rich plasma (PRP) therapy to our patients and the results have been extraordinary. This regenerative medicine provides many of the same benefits as stem cell therapy in our companion animals. The platelets contain proteins to help the body heal from wounds, injuries, surgeries, and even arthritis.

Brittany Romney, our office manager, explains, "we collect blood from the patient, remove the red blood cells and isolate the platelets. The leftover concentrate is called PRP. The PRP is injected into an inflamed area. We are seeing benefits for pets struggling with joint pain, arthritis, skin wounds, and cats with gingival inflammation.

For me, the PRP injections have exceeded my expectations. In fact, for arthritis and joint concerns, it would be one of my first treatment options for my own dogs, London and Windsor. The PRP injection is given at the site of inflammation to reduce swelling around the affected area.

This treatment is reassuring to clients and veterinarians as we use our patient's own concentrated platelets to help decrease inflammation and help the healing process.

With additional doctors, assistants and technicians, our ability to care for our patients has also expanded. Give us a call to discuss the benefits of this regenerative procedure.



April's Adoptable Pets

By Christian Weber

Spring is upon us! The days are getting warmer, the snow is melting, and the bright colors of blooming flowers are just around the corner. After a long and cold winter, everybody is ready to go back outside, and now is a great time to make a new companion to take on your adventures! Paws for Life Utah (PFLU), an animal shelter based out of Heber City, has many loving animals ready to find their new adventure buddies.

1. Super sweet **Brodie** is just about a year old. Though he can be a little nervous at times, he warms up quickly and loves playing with other dogs. He would benefit from a home with another dog he can learn from. He loves a good adventure and would be the perfect companion to have by your side this spring and summer.

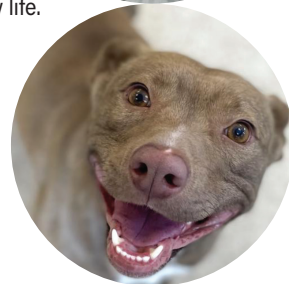
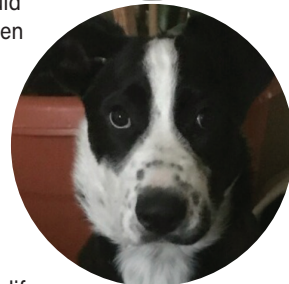
2. You may recognize **Coraline** from our January edition, but unfortunately, she's still with PFLU. She is incredibly sweet and affectionate. Though she can be a little nervous when other dogs approach her too quickly, once she's warmed up she loves to play. She isn't a fan of cats, but she loves children and would be a great family dog.

3. **Jessie** is a 10-month-old, incredibly sweet, and adventurous girl. She loves people, is very affectionate, and plays well with other dogs. She is a ball of energy and would benefit from a home with a yard and high fence, as she also loves to climb. If you are active and looking for a dog that's tons of fun, Jessie is the dog for you!

4. 10-month-old **Simba** is an adorable ball of fun. He has a lot of energy and loves to play with other dogs. He loves playing outside and would benefit from an active family, especially with another dog. Younger children can make him a little nervous but is typically good with elementary school age or above.

5. As sweet as her name's sake, young **Sugar** is ready for her forever home. Like all the youngins, Sugar has lots of energy and loves to play. She is still young and would benefit from some training, but she is incredibly smart, eager to learn, and would take to training well. She has lots of love to give, and is ready for her own adventures!

This spring, the plants, and flowers shouldn't be the only ones with new life. These dogs, along with many other amazing dogs and cats, are looking for a fresh start. While adopting and giving these loving animals their forever homes is always the goal, there are many other ways you can help as well. PFLU can always use more kind-hearted people to foster and volunteer at the shelter, and even if all you can do right now is come in and play with the animals, that is always appreciated! You can find PFLU at 89 N 100 E in Heber City or online at pflu.org/adoption. You can also reach them by call or text at (435) 640-4752 for more information.



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How to Create a Retirement Income Plan

By Bryan R. Daybell, Agent

Multiple income streams can add flexibility and stability to your retirement income plan.

Retirement means making the switch from accumulating assets to generating income from them. That transition can be difficult if you don't have a plan in place. Creating retirement income plans that work requires two main steps: Estimating your expenses and figuring out how you pay for it all.

Build your retirement budget.

A retirement budget is an essential tool in understanding how much income you'll need to fund your vision of retirement. Add your fixed expenses, including mortgage payments, utilities, and groceries. Next, tally your discretionary expenses, including travel, hobbies, and perks that make life more enjoyable.

Remember that financial experts estimate you'll need between 70%–90% of your pre-retirement income to maintain your standard of living in retirement. This estimate can help make sure your budget is realistic.

Plan retirement income strategies.

With a budget, look at how you'll generate income in retirement. Social Security is one income stream you can count on, but it's unlikely to cover all fixed expenses. You must make a difference with your savings and other retirement income strategies. An annuity can provide additional regular income, offering peace of mind.



Many retirees look to an annuity to cover their fixed expenses, which allows them to use the remainder of their savings and other income sources to cover optional or discretionary costs. Some factor their discretionary expenses into their annuity planning, while others forgo an annuity and seek to invest their savings to generate income for a decades-long retirement.

Whatever path you choose, just remember that having multiple sources of income in retirement can help increase the flexibility of your retirement income plan. Your plan should address your concerns about volatility and longevity while giving you a chance to fully fund your vision of retirement.

Please feel free to contact my team or me for assistance with your planning processes – We would be delighted to help you!

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