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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

CONTENT SUBMISSION DEADLINES

Content Due:.....	Edition Date:
December 5.....	January
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
November 5.....	December

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Dear Neighbors and Friends,

HAPPY NEW YEAR! Need some ideas for ways to start the year off right? Try starting a new tradition. Here are some ideas from friends and family for how they set their intentions for the New Year.

- After a day of snacking on our favorites, at midnight of New Year's Eve we'd go outside and bang pots and pans as loud as we could in our pajamas before finally falling asleep.
- Each member of our family got to pick our favorite meals or dishes and those would be our first meals of the year.
- De-clutter and deep clean! What a great way to start the new year fresh with a clean house!
- If you celebrate Christmas and have children who received lots of new toys and things to play with, gather previous years' toys and clothes to make room for the new stuff and give to a second hand store or shelter.
- Volunteer for an organization important to you. Some ideas: local animal shelter, shelter for the unhoued, a food bank, or neighborhood school.
- Sit down with members of your family to write down goals for the year and find a spot in your home that you can post them so you reference them often.
- Establish a game night each week or month to carve out quality family time on a regular basis.
- Buy or Print a 2023 calendar, sit down as a family and generate ideas for a new or favorite outdoor activity each month (or whatever frequency you would like to stick to) and write out a full year's worth of activities to look forward to.
- Think of other themes to include in this full year family calendar such as recipes you would like to try, books you would like to read, or destinations you would like to travel to.

Wishing all of you a 2023 that is abundant in what you value. Thank you for your contributions to this community - year in, year out you continue to show up for each other and for us. It's what makes the Heber Valley so special.

With gratitude and warmth,

~Jacquie



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A Family Woven Together by Centuries of Tradition

By Betsy DeMann, on behalf of Adib's Rug Gallery

NEW YEAR, NEW RUG

A new year is always about new beginnings (especially after cleaning up all the chaos of Christmas and the holidays!). More than ever, we're updating our homes to be cozy, comforting, and places where we'll love to spend time.

Regarded for their quality and design, hand-woven rugs are highly sought after by homeowners and interior designers. Because of their history and beauty, they never go out of style. They're perfect and oh-so-stylish when paired with gorgeous wood floors, beautiful furniture, leather to linen upholstery, accent light fixtures, or a touch of velvet with maybe even some mid-century goodness. Mmmm... Sumptuous!

Hand knotted rugs boast incredible artistry. Every piece is unique like it was made just for you. They are made using all natural dyes and hand spun live lamb wool, which translates to their durability, as well as their colors being rich and long-lasting. They supply energy and vibrance to every room. Generations of weavers learned their talent to create nuanced designs that maximize the use of these natural materials.

QUALITY

The unyielding fame of antique rugs would not have endured for centuries if they were not made with high-quality, durable materials. They are woven with superb quality and long-wearing materials without compromising comfort. These rugs last for centuries when maintained and appropriately cared for. (read as "loved")

These are some of the factors that make our rugs timeless. The design of a rug tells stories of the past and the present. The rich history that emanates through their craft makes them unique even through the constant change in innovation and trends. Many weavers are now creating modern and transitional pieces to satisfy every style and taste in today's world of design.

ABOUT US

With two locations, Salt Lake City, Utah, and Walnut Creek, California; Adib's Rug Gallery and Adib's Persian Rugs exhibit some of the finest hand-woven pieces from around the world. Some century- plus old pieces are truly "one of a kind" with a provenance to excite the finest of collectors.

While the Adib name originates from Iran, our gallery houses work from many geographic regions-Turkey, Pakistan, China, India, and Egypt, to name some.

With a collection as diverse in style as it is in origin-from contemporary to transitional to traditional—you will find something that complements every aspect of your personal style and design senses.

THE FAMILY

While the art of weaving rugs began as an Adib family tradition centuries ago-it endures and thrives through Hamid and Ray Adib-its trade is ongoing with every staff member at our two gallery locations. Everyone continues the passion and works as a family to ensure you the best experience when working with us.

Our designers each have extensive backgrounds in visual aesthetics and interior design that bring top-notch hands on expertise, and our teams of restoration and maintenance experts have over 100 years of combined experience. Rest assured that our family will take care of whatever your "rug treasures" may require.

Whether it is a rug you seek or simply a tour, you are welcome into our gallery to appreciate the beauty during your personal journey through the amazing and unique art form's history.

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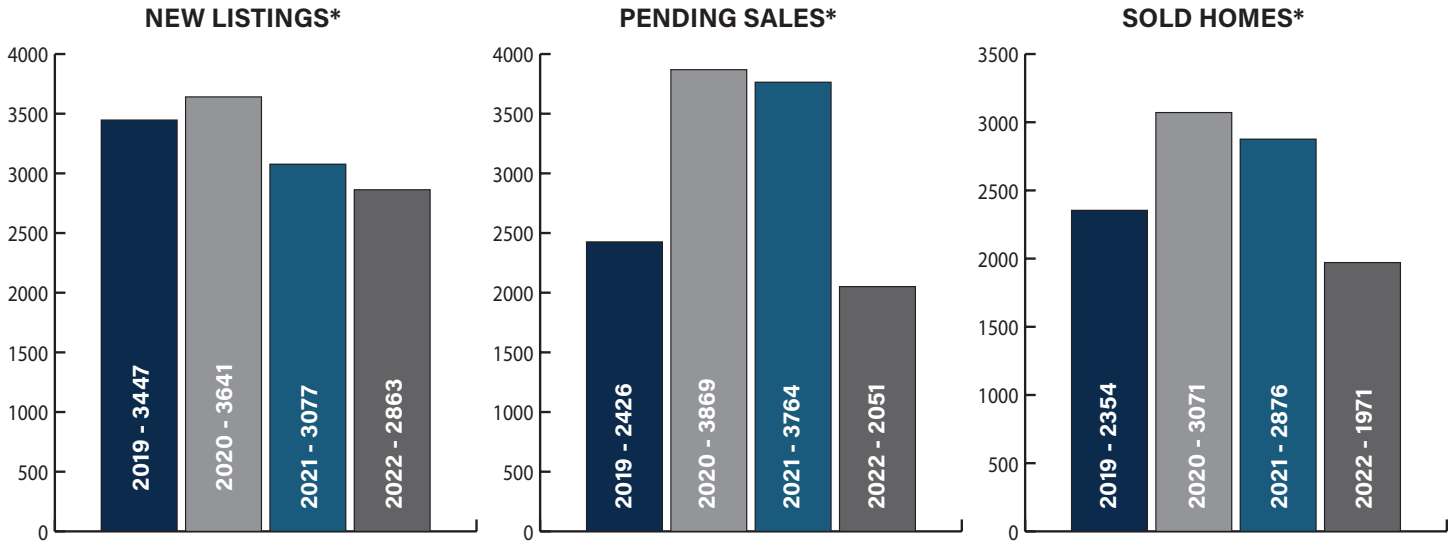
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LOCAL MARKET ACTIVITY 2019-2022



* Data for this report was collected on December 6 and may not reflect all transactions for the latest measured Month.

As we look forward to 2023

- We anticipate interest rates coming back to more normalized levels
- Overall construction prices are coming down allowing builders to catch up with demand that is still strong.
- There are still ready, willing and able Buyers & Sellers
- But now the need for a real estate agent, who is experienced and creative to guide you through the process becomes even more important.

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ALL IN FOR YOU.



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Gretchen: Over fifteen years in the global luxury hospitality industry, Gretchen takes a concierge-style approach to work with discerning clients worldwide. Her extensive and diverse experience in hospitality and marketing, coupled with 10 years in Park City real estate gives her a unique perspective and knowledge. Gretchen sits on the Board of Directors for the Board of Realtors, the Legislative Committee, the RPAC Committee, the Affordable Housing Committee. You can find her enjoying the mountains when she's not working with clients.

Lacy: With personable and attentive service at the forefront, Lacy is known for her expertise, professionalism, industry knowledge and ability to deliver big results for her clients. Lacy has a unique ability to connect with the most discerning clients, having worked for the NFL for 15 years in marketing, specializing in negotiations internationally. Lacy also owns the small business, PEAK|45, a luxury boutique Lagree fitness studio here in Park City. You can find Lacy, her husband and two little girls skiing the slopes in the winter or biking in the summer and are proud to call Park City their forever home.

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Après All Day

Meet Kelley Epstein & Family

By Jacquie Symes

Photos By Deb DeKoff - Park City Photographers

Utah native, Kelley Epstein met her husband, stuntman Pete, at Harry O's in the '90s. It's safe to say Park City has been a foundation of many of Kelley's most treasured achievements.

Pete is originally from New York and works in the film industry as a stuntman. "I feel like Park City is made up of people who have really unconventional jobs, and we certainly fit that bill," Kelley said. After attending Humboldt State in northern California, Kelley returned to Utah and graduated from the University of Utah. Now, Kelley works as a private chef and caterer, but you may know her from her highly successful food blog, "Mountain Mama Cooks," that eventually led to her authoring a wildly successful cookbook, "Après All Day." The pair share a love of Park City, and though Pete travels a lot for work, it's the only place they truly want to call home. "We've definitely had the conversation over the years, 'Would it make more sense to live in New York or California?' because that's where a majority of [Pete's] work is, but we would be sacrificing the lifestyle for the convenience." Pete and Kelley have two boys, Evan (16) and JJ (13), but make no mistake, the family's three dogs are vital members of the family unit, bringing them to a perfectly crafted family of seven.

Evan is a sophomore at Park City High School. "He's kind of a typical 16 year old." He works at the MARC during the summer as a lifeguard and Woodward this winter. He is a great snowboarder, and frequents the gym. "He's got an amazing group of friends. He's such a great kid, so well-rounded, a great little chef, and an absolute animal lover." His

love for animals is often demonstrated by his love for their own dogs. Evan likes to joke that he likes dogs more than people. Bartesimo and Evan are inseparable, the best of friends.

The youngest of the family, JJ, is a 7th grader at Ecker Hill Middle School. He is quite a busy young man. He plays football, lacrosse, and basketball; is a park skier; and on the go all the time. He is a great student, loves to dabble in the kitchen and has a wicked sense of humor. "Has a lot of energy like his dad."

The family's dogs are Nacho, Chanco, and Bartesimo (aka Blue). Longest-running furry family member, Nacho, a lab/Weimaraner blend, has all four legs, and it's important to note that, as the other two are tripods. "She was so naughty as a puppy! So naughty that we started sending her to Fetch." Tori Saylor at Fetch reached out to Kelley one day, uncertain if her family was interested in another dog, but told her that they had a three-legged German shorthair that had been hit by a car and was being fostered until he was ready for adoption. Nacho had taken a liking to him, sleeping in his bed, licking his wounds, and the pair had become inseparable. "So we met him, and he was a total freak, but was the snuggliest and sweetest freak. We've had him six years now."

Last Thanksgiving, Tori called again and asked if they would be interested in fostering a little 9-month-old pure chocolate lab named Tuesday. Fetch needed help over the holidays because they were so

busy. "We are your typical foster fail! We changed his name from Tuesday to Chancho. He is the sweetest and also missing a leg." Both Bartesimo and Chancho are missing their back right legs. "I never ever thought we would have three dogs. My husband was so adamant from the beginning: he is a 'one dog guy.' Now he'll tell you that having three dogs is the greatest thing ever. And it is!" Readers may be familiar with both Tuesday (now Chancho) and Bartesimo from previous issues as Fetch Cares dogs featured in the magazine.

The start of Kelley's career is a bit unconventional, as she graduated from the U with a degree in exercise and sports science. During her time in college, she worked at a restaurant called The Stew Pot (now Deer Valley Cafe). She loved waiting tables and helped them with the catering side of their business and fell in love with that, too. "I had a couple short lived side gigs working in retail, but working in restaurants and cooking is pretty much the only job I've ever had." Kelley has no professional training in culinary arts, but she has one thing that can't be taught and that's a deep passion and love for cooking and sharing food. "I always joke that I went to the University of Food Network, and I devour cookbooks like I do novels," Kelley said. She started her career in food by putting in a lot of old-fashioned hard work. "I went around to the concierge businesses in town and printed out some business cards and sold myself as a private chef." She has had clients for over twenty years now. "I used to work much bigger events than I do now. Sundance, big parties, and large catering gigs, but when I had my children, it was really hard to maintain that level with my husband traveling all the time. So I scaled back and started my food blog, which I've been doing for about 12 years."

Kelley's niche is high-altitude, ski-culture recipes. "I didn't start out with the intention to monetize my blog and didn't really understand that it could be a business, it just sort of fell into that, and it became my primary gig for a while; for about 6 years I did that full time." But Kelley missed cooking for people and human interaction. Seeking out more of the human element, she scaled back on the blog and scaled up the catering and private chef side of her business. "I really love working for families, smaller, more intimate events. I've maintained the balance of the blog and cooking in person for the last 5 or 6 years."

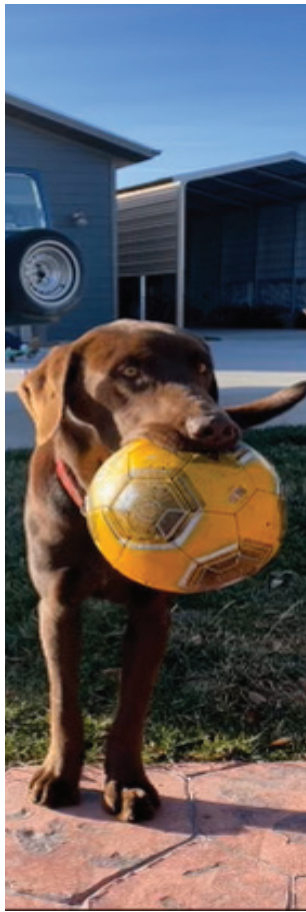
A call from the editor of a publishing house in San Francisco would lead to the achievement of a dream Kelley had always had. While she had the opportunity with a couple different publishing houses in the past, but it wasn't the right fit. This time,



everything fell into place. Kelley wrote "Après All Day," which came out in August of 2021. An endeavor she describes as a wild ride! After signing the contract in November of 2019, Kelley dove right into recipe testing and then the pandemic hit. "It was so wild, I couldn't get eggs, I couldn't get yeast, I couldn't get chicken. But, the story here is, people are amazing. Park City is amazing. Neighbors are amazing. I was able to borrow to get what I needed."

Who inspired Kelley the most over her years developing the passion that ultimately led to her first cookbook? "Well, I love Ina Garten. I love her for a few reasons. I love her because she is unapologetic about the way she cooks and ingredients that she uses. And entertaining is at the heart of what she does. I'd like to think that my cooking is the same. I love food, but I love the act of gathering people together even more. I think just as much as I love the food at the table." She also mentioned Julia Child. "She's an icon. She really set the path for women in the food industry, and I think what's even more impressive is not even that she was a woman in a time that it was a male-dominated field, but she did it at such a late age. I think that's such an incredible lesson that it doesn't matter how old you are, if you have a passion for something, go for it!" And neither of her greatest inspirations are classically trained chefs, they both just love to cook.

Kelley shared her greatest personal and professional accomplishments, naming, of course, the cookbook as her greatest professional achievement because it was a challenge. "It pushed me totally out of my comfort zone. I wanted to have a finished product that really represented who I was as a cook. But I didn't want to alienate anybody while doing that. I wanted it to appeal to people who love to ski and people that love the idea of the ski town culture but don't



ski. And I wanted the recipes to be accessible to somebody who's a novice cook and an advanced cook all the same." Kelley loves it when people approach her to tell her how much they love the book. It was a true work of heart. Her greatest personal accomplishment? Finding balance in work and being a mother. Kelley modestly joked, "I'm not one to offer advice, but I offer a nugget here and there." Then she shared that her mother was also a working mom. That most women who either work inside or outside of the home find it difficult to balance work and motherhood. A lot of guilt comes with it. A lot of stress of constantly feeling like you're falling short somewhere. "My mom gave me the best advice when my kids were young. She said, 'You can have it all, you just can't have it all at once.' And I didn't really get that. I get it now. I guess I'm the proudest of the place that I am now right now because for so long work fell short because my family needed me more or family fell short because I was so busy with work. Getting to a place of accepting "balance" is a bit of a myth. Being okay with just being good enough has been super empowering for me, I guess." These days, Kelley is just rolling with it, and she loves being in that place. Her kids are in a good place. She has a strong marriage. And her work? "I mean, is it as 'big' or successful as it could be? Meh. But is it good for me right now? 100%! Getting to a place where I can just sit back and sort of do it all or not do it all great has been my biggest achievement."

You can check out Kelley Epstein's classes at Mountain Town Olive Oil. "I started teaching cooking classes there this summer, and I absolutely love it. Another one of those things that I was so nervous to start, but glad I did. Jessica, the owner, is amazing, and she has this great set up where I'm doing a demonstration, but she offers these amazing wine pairings. It is a really great collaborative effort."

You may also find Kelley snowboarding on the mountain with her family. Or mountain biking, playing tennis, and involved in the PC youth football community where she volunteers, Pete coaches, and both boys play. You would be just as likely to find the whole family snuggled up on the couch watching football on Sundays. Or you may find them out and about eating at restaurants in the area. "We love to eat. I will say one of the reasons I fell in love with my husband: he's a foodie. and our boys are following in our footsteps. We're a family that likes to play hard, eat hard, and lounge hard!"

A theme of Kelley's journey to now might be reinvention. "When I look back at the different phases of my career, it has always involved food. But I've reinvented myself to sort of match the stages of life with my kids. I mean, I still have two teenagers that like hanging out with their parents. I'm grateful."



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January's Adoptable Pets

By Christian Weber

It's 2023, a new adventure and experience. Why not start your adventures with a new furry companion? Check out Paws for Life Utah (PFLU), an animal rescue based out of Heber City. They specialize in at-risk cats and dogs from shelters.



1. Yoseph is a young, cuddly kitty full of love. He's perfect for someone looking for a mellow companion to relax with. He has a cloudy eye but is otherwise in good health. He has been with PFLU for over 24 weeks and is ready to find his loving forever home.

2. 5-year-old **Kit** is a sweet and playful cat who loves to climb and get lots of good cuddles. She can be a little shy at first, but she does love getting pets and being in a more calm and mellow environment. She has been with PFLU for over 20 weeks..



3. Coraline is an affectionate husky mix. She is about two years old and has been with PFLU for over ten weeks. She is selective with other dogs but needs a little socialization. She is people friendly and has quite a unique story. She was in a different shelter that was going to put her down, but due to how loving she is, the workers in that shelter were smitten and ensured her relocation to PFLU so she can find a loving family.



4. Ash is a sweet kitty about one-and-a-half years old. Though shy at first, once she's warmed up, she is very affectionate and loves pets. She's friendly with other cats and good with children. She's been with PFLU for over 22 weeks and is ready to find a loving home where she can spread

her abundance of love.

5. Little **Max** is a two-and-a-half-year-old jack russell terrier with a big heart. He's been with PFLU for over 13 weeks. Poor Max had it rough before coming to PFLU, having arrived with multiple wounds, most likely from being picked on by other dogs. Because of this, he can be nervous with other dogs and a little bit selective with people. But once he has warmed up to you, he is very loyal, protective, and affectionate. He's not so interested in toys but loves walks and would benefit from being in a relaxed and calm home.



These five and many other pets are available and waiting for their forever homes. If you're not ready to adopt but would still like to help, Paws for Life can always use more volunteers and fosters until they find these pets their forever home. You can find them 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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Featured Fetch Cares Dogs of the Month

Article and Photos by Lexie Clayburn, Take a Hike Photography

It's my pleasure to introduce you to **Topher!** This sweet boy has golden eyes with an even more golden heart. He has Megaesophagus (ME) which requires him to eat in his very own custom chair. This helps the food make it all the way down to his stomach. ME is a lifelong condition but with the proper care, he will live a long and happy life. Please reach out to Tori at Fetch Cares for more information 540-383-7521



Say hello to **Guinness!** This handsome guy is currently living his best life at Fetch but is awaiting his forever home. He is paralyzed in his hind legs which resulted in amputation, but he doesn't seem to notice at all! He cruises around with no problem. There is no stopping this amazing dog. Please reach out to Tori at Fetch Cares for more information 540-383-7521.



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Just Ask Herman

By Herman Hooker, with the help of Julie Hooker

Happy New Year. Here I am, finishing the first year of my life, and I've learned some truths, felt love, and practiced trust. Moving into a new year, I understand there will be new adventures, new people, new places, and new opportunities – for learning how to trust. For me, I'm hopeful.

In my first year, I lost my original furry family and moved from the reservation to Nuzzles & Co., where the doctors identified the infection in my eyes and removed them. Mom saw my picture on social media, picked me up, and brought me home.

I went everywhere with mom – school, shopping, and socializing. I learned how to listen. At school, I was a celebrity. Mom's "kids."

I was small enough to be carried into boutiques where shopkeepers called me "precious" and "pure."

Being a nerdy school teacher, mom started researching. It turns out that my sense of smell saves me. I don't need to see to identify my family. My sense of smell is so adept that adjusting to being blind was not difficult for me.

In fact, I can sense fear and anxiety in people – I smell the adrenaline. I sense a chemical change in breath and sweat when I'm around people. I don't need visual or audio cues; I can sniff. Then, I can lean in and be present for the person.

Doris Day said, *"I have found that when you are deeply troubled, there are things you get from the silent devoted companionship of a dog that you can get from no other source."* I hope everyone has companionship like this in 2023.

Being able to smell emotions helped me learn to trust, too.

I trust people. And I trust my animal friends. I think it comes down to believing that everyone acts with good intentions.

My trainer, Traci Madson, used my sense of smell to help me learn to sit, lie, and stay.

In this first year of Being Herman, I learned to build relationships. My relationships start with trust. This is partly because I don't judge folks, or four-leggeds, based on their appearance. My sense of smell guides me to the best – the best friends, the best food, and the best life.

Now, I'm not suggesting that any of my human readers try to rely on their sense of smell – that would be gross – for them. But,



moving into the new year, consider pausing and being present with people; take the time to breathe in, feel, and sense what they need. While you probably won't be able to smell sadness or joy, you can acknowledge it, sit with them, be quiet, and love them.

Another thing I learned this year was to be open to learning. While I do not have to rely on my ears and listening, I've found that my life is better when I listen, sniff, and love.

Cheers to 2023.

You can email me questions. My address is HermanHooker22@gmail.com. I'll respond in my column each month.



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Heide: Keeping Pets Healthy

By Julie Hooker

Heide at Healthy Pets is the go-to for diet, treats, toys and all-around wellness for Park City pets. Generous with her time and talent to support animals in Summit County.

Caring for pets is in Heide's genes. She explains, "my earliest memory is of my grandma teaching me to hand feed baby birds with a dropper." Heide recalls a dog that moved into the family home after "my grandfather broke into a car to rescue a dog from the heat."

Heide was the first to volunteer to take home classroom pets during holiday breaks. Ultimately, they became part of her family.

From the baby birds, to the dog locked in the car to a rabbit rescued from a dumpster and a turtle being "thrown away" at a pet store, Heide's heart makes room. The turtle is over 30-years-old now. She was being discarded because of a broken shell. Heide sees beyond the breaks in spirits, hearts, and bodies; she feeds animals with unconditional love and then helps them heal.

Following in her grandpa's footsteps, Heide found an abandoned fish tank in a Salt Lake City restaurant. She drained the tank and took home four fish.

Currently, Heide's four-legged family includes a dog rescued from the mountains of Wyoming, another from the reservation, and a bunny saved by her dog, Castiel.

Just like now, in the shop, friends and neighbors brought sick and injured animals to Heide. As a healer, Heide intuited their needs.

According to Heide, earning her Canine Nutrition Certification was



"actually pretty easy" because she had been putting in the work for years to give her customers the best possible guidance. Really, pet care and health is Heide's heart. For anyone else, this credential would have been a real challenge.

Earning her certification ensures that Healthy Pets clients know they are getting the best guidance and support in their feeding choices.

Heide explains, "If I don't have a good answer, I will do what it takes to get one. My week is filled with reading reports, reviews, medical papers and whatever I can get my hands on that will help me better serve our animals and their families."

For Heide, there is nothing more satisfying than keeping pets in Summit County healthy.

Healthy Pets Summit County is a place to focus on everything needed to keep your pets healthy and happy. We offer the community the following:



- Quality Food Choices
- Treats
- Toys
- Training Aids
- Supplements
- Weather and Trail Gear
- Grooming Supplies
- Gifts for Pet Lovers
- Consultation
- References for Trainers, Daycare, and Boarding.

Come by or give us a call. We would love to help!

New Year's Resolutions You and Your Pet Can Keep

By Carl Prior, DVM

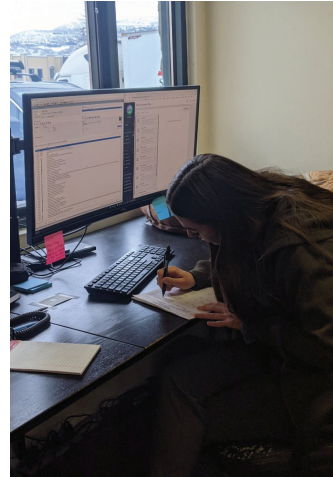
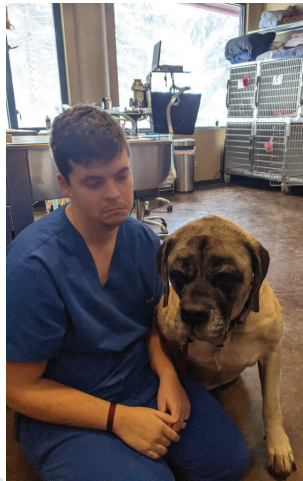
Happy New Year!

We've made some changes at the Park City Animal Clinic that will make keeping your pet healthy and happy even easier this year.

First, from the comfort of home on any day at any time, you can visit our website at parkcityanimalclinic.com.

Spend a few minutes updating your pets' records, building their portals, and scheduling appointments - the new website makes it easier than ever to schedule in advance. If you have questions, call our front desk team at 435-649-0710.

We understand that emergencies arise; our website is designed to make scheduling annual exams, dental cleanings, and vaccinations easy.



In addition, check out our new referral program. Every time you refer someone, you will earn a \$25 credit on your account and they will receive \$25 off their first exam.

Our website links to our pharmacy, too. Filling prescriptions online ensures that your pet will never run out of their medication. The site links to information on dental care, spay and neuter, vaccines, and wellness.

Along with our improved website, we added client service representatives, veterinary assistants, veterinary technicians, and a veterinarian to help care for our Park City pets.

The links, information, and care recommendations on the website are designed to make it easier for you to manage your pets' wellness. However, if you are more comfortable calling the office, please do.

We're looking forward to seeing you and your pets this year.



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Boys Varsity Basketball

- Jan 03 Vs **Murray High** Freshman 5:15pm @ Treasure Mtn JH Gym @ PCH • Sophomore 3:30pm • JV 5:15pm @ Auxiliary Gym @ PCH • Varsity 7:00pm @ Gym @ PCH
- Jan 06 Vs **Brighton High** Freshman 5:15pm @ Auxiliary Gym @ Brighton High Sophomore 3:30pm • JV 5:15pm • Varsity 7:00pm @ Brighton HS
- Jan 10 @ **Skyline High** Freshman 5:15pm @ Auxiliary Gym @ Skyline High • Sophomore 3:30pm • JV 5:15pm • Varsity 7:00pm @ Gym Skyline High
- Jan 13 Vs **East High** (Freshman, Sophomore and JV) Freshman 5:15pm Treasure Mtn JH Gym @ PCH • Sophomore 3:30pm 5:15pm Auxiliary Gym @ PCH
- Jan 17 Vs **Olympus High** (Freshman, Sophomore and JV) Freshman 3:30pm Treasure Mtn JH Gym @ PCH Sophomore 7:00pm Auxiliary Gym @ PCH • JV 3:30pm Gym @ PCH
- Jan 27 @ **Murray High** (Freshman, Sophomore and JV) Freshman 3:30 Gym 1 @ Hillcrest JH Sophomore 7:00pm • Aux Gym @ Murray High JV 3:30pm Gym @ Murray High
- Jan 31 Vs **Brighton High** Freshman 5:15pm Auxiliary Gym @ PCH • Sophomore 3:30pm JV 5:15pm • Varsity 7:00pm Gym@PCH
- Feb 03 Vs **Skyline High** Freshman 5:15pm Auxiliary Gym @ PCH • Sophomore 3:30pm • JV 5:15pm • Varsity 7:00pm Gym@ PCH

January 2023 Park City Miners Sports Schedules



Girls Varsity Basketball

- Jan 03 Vs **Murray High** Sophomore 7:00pm @ Auxiliary Gym PCH • JV 3:30pm @ GymPCH • Varsity 5:15pm @ Gym PCH
- Jan 06 Vs **Brighton High** @ Gym PCH Sophomore 3:30pm JV 5:15pm • Varsity 7:00pm
- Jan 10 Vs **Skyline** @ Gym PCH • Sophomore 3:30pm • JV 5:15pm Varsity 7:00pm
- Jan 13 Vs **East High** Sophomore 7:00pm @ Auxiliary Gym PCH JV 3:30pm • Varsity 5:15pm @ Gym PCH
- Jan 17 Vs **Olympus** Sophomore 3:30pm @ Auxiliary Gym PCH JV 5:15pm • Varsity 7:00pm @ Gym PCH (cont)
- Jan 27 @ **Murray High** Freshman 5:15pm Gym 1 @ Hillcrest Junior High • Sophomore 3:30 Gym @ Brighton High JV 5:15pm Aux Gym @ Murray High • Varsity 7:00pm Gym @ Murray High
- Jan 31 @ **Brighton High** Sophomore 3:30pm • JV 5:15pm Varsity 7:00pm Gym @ Brighton HS
- Feb 02 @ **Skyline High** Freshman 5:15pm Aux Gym @ Skyline High • Sophomore 3:30 pm • JV 5:15pm • Varsity 7:00pm Gym @ Skyline HS

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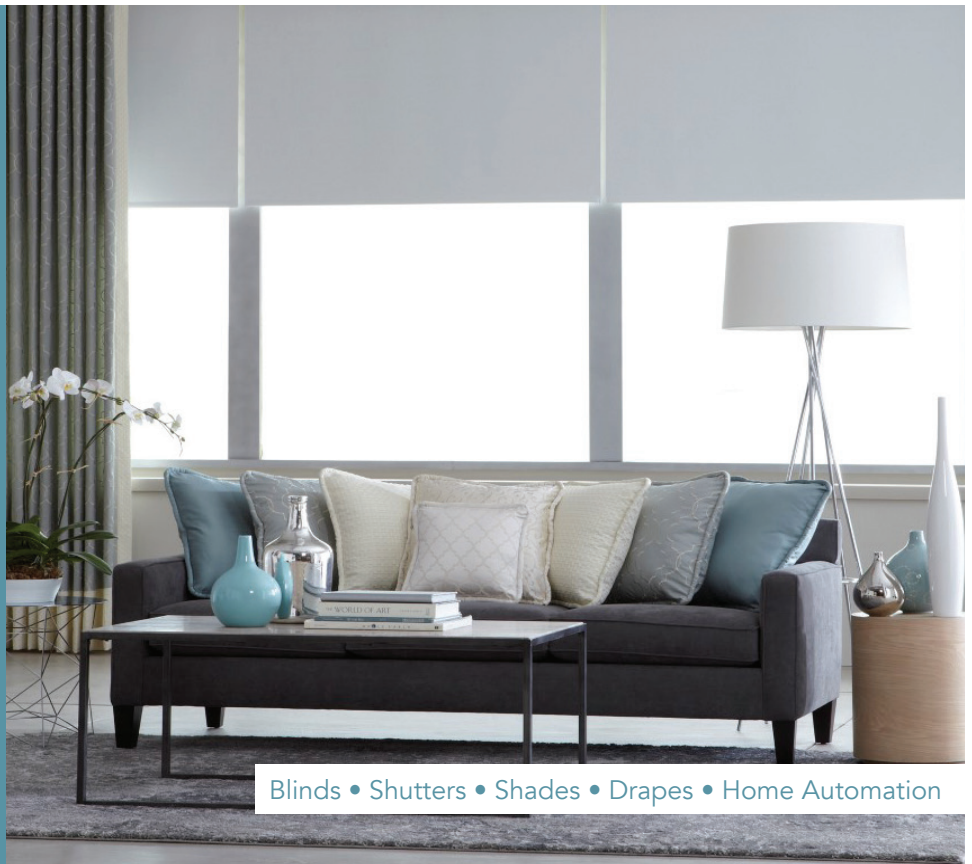
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Boys Wrestling

- Jan 05 Vs **Brighton High** 6:30pm @ Gym PCH
- Vs **Wasatch High** 5:30pm @ Gym PCH
- Jan 11 Vs **Orem High** 6:30pm @ Gym PCH
- @ **East High** 6:30pm @ Gym-Auxiliary @ East High
- Jan 10 @ **Skyline High** 7:00pm @ Gym Skyline High



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	PRICE PER SQ FT AVERAGE SOLD PRICE		AVERAGE DAYS ON MARKET
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SNYDERVILLE	SQ FT \$688 \$1,953,520	+3.1% ↑	72 -54.7% ↓
HEBER AND MIDWAY	SQ FT \$418 \$1,193,519	+11.5% ↑	86 +95.5% ↑

Year Over Year % Change, November 2022 VS. November 2021 *

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Basin Recreation is Re-envisioning the Future of Recreation in the Snyderville Basin

By Matthew Wagoner, the Snyderville Basin Special Recreation District Superintendent

The Snyderville Basin Special Recreation District (the District) has launched a Strategic Action Plan process that will guide the organization's development of public recreation for the next ten years. To guide the planning process over the next 12 months, the District has contracted the services of SE Group, a planning firm with decades of experience specializing in mountain recreation communities.

The general goals of the plan are threefold:

1. Assess the current recreation services provided by the District.
2. Determine the future recreation needs of the Snyderville Basin community.
3. Plan for how the District will adapt to meet those needs over the next ten years.

The outcome of this Strategic Plan will provide recommendations for developing trails, facilities, and community programming. Nested within this larger planning process are two more focused planning efforts.



1. A revision of the Trails and Open Space Master Plan to guide the development and management of these resources for the next five years.

1. A Master Plan for the build-out of Silver Creek Village park complex with a ten-year timeline.

As a service provider for a very active community, Basin Recreation seeks to balance demand with available resources, so prioritization is key to an effective strategic plan. "We're growing exponentially," said Dana Jones, District Director. "The population is growing, and I would even hazard a guess that the demand for what we do is growing even more than population because we



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do trails, we do open space, we do recreation programs, we do facilities, playgrounds, dog parks, sports fields ... and we want to be able to keep up with that."

The project website is currently live with more information and opportunities for public input at www.getmovingbasinrec.org. There are also upcoming Open House opportunities to provide comments, ask questions of the consultant team, and share visions for The District. Open House dates, times, and locations are on the project website, along with opportunities to participate in a focus group. These planning efforts are only as good as the input received, so everyone is encouraged to make their ideas known for the future of recreation in the Basin.

For more information, please get in touch with Matt Wagoner,



District Superintendent, at matt@basinrecreation.org or Annaka Egan, Project Manager for SE Group, at aegan@segroup.com

It's the New Year! Why Not Try Curling?

By Melissa C. Marsted

As a lifelong athlete, adventure seeker, and great-granddaughter of an Olympic gold medal pole vaulter, I am always looking for new challenges and learning opportunities. After ten years in Park City, I decided it was time to try my hand at the winter sport of curling. Intrigued by the graceful sliding and precise aiming of the granite stones on the ice.

I signed up for a \$25 two-hour lesson at the Utah Olympic Oval in Kearns. Built for the 2002 Olympics, the state-of-the-art facility is awe-inspiring for Olympic-hopeful ice skaters, hockey players, curlers, and recreational users.

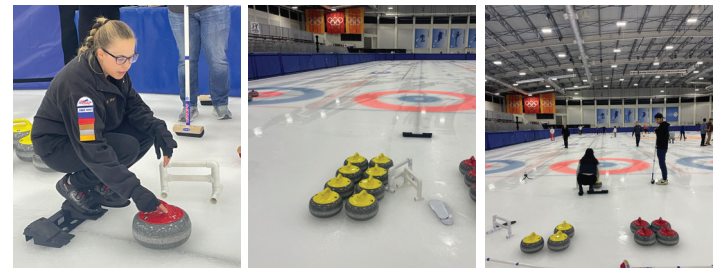
Upon checking in, we were sent through the underground tunnels below the rinks to meet our instructor, Laura, and the other participants in our group of 12. The lesson started at two immaculate lanes, each ready with 16 granite stones, a hack, a stabilizer, and a brush.

We received a brief introduction to the rules and techniques of curling. Then our instructor stepped into the hack with her right foot, just as a track sprinter would prepare in a starting block. She then placed her left foot on the beginner sliding pad. With her right hand, she gripped the 44-pound granite stone before steadying herself with the plastic beginners' support stabilizer using her left hand. With barely a moment's notice, she demonstrated the glide, push, and release of the stone down the 144-foot ice sheet.

We each received one opportunity to practice the delivery of a stone before being divided into two teams per lane to play a series of three games for the next 90 minutes. With curling's emphasis on sportsmanship and etiquette, every match was initiated by player introductions and handshakes. We were expected to conduct ourselves with the utmost respect and fair play. Despite the excitement of watching the stone glide down the lane toward the house, we reminded each other that celebratory fist bumps or high-fives are not condoned.

It was difficult to process the new curling-related lingo: the stone, the player roles (lead second, third or vice-skip, and skip), the peculiar names of the lines and the 12, 8, and 4 foot rings within the house, the button, the hog line 10 meters from the hack at each end of the ice. Hog? Hack? What the heck?!!

We took turns delivering and sweeping. I swept, but I didn't fully



grasp the technique used to control the speed and direction of the stone while in motion. In most cases, on our first night of instruction, the stones were delivered either too short or too long for the sweep to have a significant impact.

Intrigued by the experience, I researched more about the sport, and learned that curling dates back to Scotland with the discovery of a granite stone from 1511. Nowadays, the stones come from only two quarries worldwide: one on the Scottish island of Alisa Craig and another in Wales. Scottish stones are the only ones used by the World Curling Federation.

My first curling lesson was a fantastic and memorable experience. With a combination of strategy, skill, and sportsmanship, curling offers something for everyone and is a great way to get active during the dark winter months.

One of my many New Year's resolutions is to take another local curling lesson. Maybe even dust off and sharpen my high school ice skates for a lap or two around the ice rink. What else is on your bucket list for 2023? Nordic skiing, indoor rock climbing, snowshoeing, or dog sledding?

Go ahead. Take a chance and have fun!

Interested in taking a curling lesson? Check out the Park City Ice Arena, Utah Olympic Oval, or the Ogden Curling Club.



Local Guiding Company, Inspired Summit Adventures Champions Personal Growth Through Adventures in Nature

By Ashley Brown

Shaun Deutschlander and her partner Weston Deutschlander founded Inspired Summit Adventures in 2012. Shaun and Weston met through their professional skiing careers. Inspired Summit Adventures is the platform where the Duetschlander's share their love and appreciation for nature and outdoor recreation through guided explorations.

"Inspired Summit was born out of a desire to share the profound experiences that come from being in nature, learning new skills, and exceeding personal expectations," Shaun describes.

The Inspired Summit Adventures team strives to foster growth and a sense of achievement for their customers. Shaun explains the company's vision. "To create experiences that meet our clients where they are and help them reach far beyond their own expectations and perceived limitations."

The Inspired Summit Shop, located in Jeremy Ranch, opened in July 2021. "The vision is to have it be a place where we can host different educational and community events such as talks by known (and lesser known) adventurers, naturalists, and other



members of the outdoor community," Shaun says. "We would like the Inspired Summit Shop to become a place that anyone can drop into as a resource or a place to just come and talk shop with our team or hang and share a cup of freshly pressed espresso or a cold brew."



Inspired Summit Adventures is honored to operate in Park City. Shaun offers a nod of respect to trailblazers and the community. "Our favorite part of operating in Park City is knowing that we are part of a larger legacy of adventurers and business owners that came before and built an incredible community of outdoor stewards and adventures," she says.

CALENDAR OF EVENTS

ENDS JANUARY 9TH

2022 Snow Globe Stroll @Park City Main Street

The Historic Park City Snow Globe Stroll features nine interactive life-sized Snow Globes designed to represent everything there is to love about Park City. Each globe will highlight a Christmas carol. The Snow Globes will be placed throughout Park City's Historic Main Street. The Snow Globes will remain on the street through Jan. 9, 2023.

Time: All Day • Cost: Free • Website: historicparkcityutah.com/news/snow-globe-stroll-2022

FRI., JAN 14 & FRI., JAN 20

Silver Sky Nights @Canyons Village

Join us this winter for Silver Sky Nights! Live music, treats, spectacular fireworks displays await throughout the season. Each event will begin at 4pm, with fireworks starting at varying times.

Silver Sky Nights Schedule:

(Event times may vary)

Friday, January 14: 6pm fireworks

Friday, January 20: 6pm fireworks, with a live ice carving demonstration by Iceworks

Time: 4pm-6:45pm • Cost: Free • Website: cvma.com/events/event/silver-sky-nights-23/

FRI., JAN 27

Last Friday Gallery Stroll @Park City Main Street

Hosted by the Park City Gallery Association, the Last Friday Gallery Stroll, is a fun monthly community event dedicated to highlighting artists and special exhibits at art galleries throughout town. Park City's art scene continues to thrive, offering a robust variety of unique art collections from local, national, and international artists. On the last Friday of each month, nineteen of our art galleries open their doors for visitors and locals alike to enjoy light refreshments and to admire their latest art installations. It's the perfect way to explore the Park City art scene while enjoying scenic Historic Main Street and our beautiful alpine evenings.

Time: 6-9pm • Cost: Free • Website: parkcitygalleryassociation.com/

January Dates to Remember

JAN 1 NEW YEARS DAY

JAN 16 CIVIL RIGHTS DAY/MARTIN LUTHER KING, JR. DAY

JAN 22 CHINESE NEW YEAR

JAN 27 HOLOCAUST MEMORIAL DAY

FEB 2 GROUNDHOG DAY



The WebbWell App Nurtures the Body and Mind

By Ashley Brown

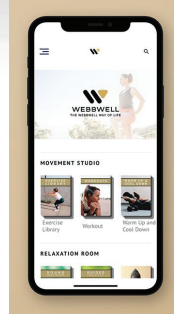
The founder of WebbWell, Melanie Webb, has over 20 years of expertise in leading people to healthier lives through fitness. In 2019 she published "Adventures in Mother Nature's Gym: The Ultimate Guide to Planning and Leading Your Own Outdoor Fitness Retreats."

After publishing her book, Webb experienced a series of injuries that pushed her to recalculate and examine her life. "The injury and recovery process sidelined me from working 'in' my career and brought me full circle back to my roots and love of human anatomy and physiology," she explains. "I realized that I needed to get busy creating an online revenue stream with great fitness content and began strategizing what platform would be best."

When approached by technology expert Mark Russel about being an early adapter of his new platform CatalystXL, Webb instantly recognized the opportunity. She signed on and worked with Russel to create her app WebbWell, which launched in December 2021.

Through the app, Webb provides users with the tools to connect movement with nature.

"The mission of the WebbWell app is to explore the expansive possibilities of pairing technology with the sensuality of body, mind, and nature—what I like to call Mother Nature's Gym," she



describes. "Users can visit the Movement Studio for exercise tutorials and can mix and match various workouts with different warm-ups and cool-downs for maximum variety. After the workout and on rest days, they can use the Relaxation Room for guided meditation, soundscapes, and breathing meditations to chill out and relax from stress."

Beginner, Intermediate, and Advanced 21-day Calendars are free on Webb's website to complement the app.

The content on the app is a culmination of Webb's two-plus decades of experience in the fitness industry. Through thoughtful design, the WebbWell app supports users in nurturing their bodies and minds through movement and nature immersion.



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Hive Family Collective: The Baby Blues

By Sara Hutchins, Certified Doula & Childbirth Instructor

"You are not alone, it's not your fault, and with the right resources, you will get better."

Our culture doesn't speak openly about life's difficulties with a new baby. The hardships and challenges, although common, can be kept as shameful secrets when a new mom isn't given the right perspective. Anxiety and exhaustion are normal. She may think, *of course, I'm tired, of course, I'm anxious, of course, I'm unsure how to do this, I have a newborn!* An endless ticker of rationalizations scrolls across her mind, with little time or resources to make sense of their growing impact.

It's an immense responsibility to feed and care for a newborn. Mothers healing from birth nurse their babies with sore bodies in hormonal free-falls. Of all new mothers, 80% experience Baby Blues, the short-term mood swings caused by the physical and lifestyle changes accompanying a new baby. The Baby Blues typically wanes after the first three weeks, but if a mother feels sadness, anxiety, or overwhelmed, she may suffer from a mood disorder. Here's how you can differentiate the two:

The differences between Baby Blues and a Mood Disorder (taken from webmd.com):

When It's the Baby Blues:

- Your mood swings quickly from happy to sad. One minute, you're proud of the job that you're doing as a new mom. The next, you're crying because you think you're not up to the task.
- You don't feel like eating or taking care of yourself because you're exhausted.
- You feel irritable, overwhelmed, and anxious.

When It's Postpartum Depression:


- You often feel hopeless, sad, worthless, or alone, and you cry.
- You don't feel like you're doing an excellent job as a new mom.
- You're not bonding with your baby.




- You can't eat, sleep, or care for your baby because of overwhelming despair.
- You could have anxiety and panic attacks.

A new mama might not know she is suffering from a mood disorder. The emotions can be confusing. She may have waited her whole life to have a baby and imagined that the birth of her child would illicit feelings of joy, purpose, and love. But when the feelings are negative, she may believe something is wrong with her. The truth is, Mothering is not always wonderful and fulfilling, and we women have a superpower to "should" ourselves.

*"This should be different."
 "I should be able to do this."
 "I should enjoy this."
 "I shouldn't complain."
 "I should just power through."*



HIVE FAMILY COLLECTIVE



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QUESTIONS: HIVEFAMILYCOLLECTIVE@GMAIL.COM

YOU ARE NOT ALONE. IT'S NOT YOUR FAULT. WITH THE RIGHT RESOURCES YOU WILL GET BETTER.

The shame of these “shoulds” robs us of our joy.

Regardless of her feelings, a new mama must know she is not alone. One in seven mothers suffers from a mood or anxiety disorder during pregnancy and/or after delivery, a number that doubles among women of color.

In 2021, I completed a two-day Postpartum Support International (PSI) course on the components of care for perinatal mood and anxiety disorders. That summer, I volunteered with the “Climb out of the Darkness” event, which shines a light on postpartum mood disorders, during which a young mother bravely shared her postpartum depression journey. She opened with the message, “If I can help just one mother out there, it is worth it to be here.”



This mother suffered in silence for more than a year after her baby was born. Filled with shame, she thought she “shouldn’t” need the medication and support of a psychiatrist or therapist to heal, ignoring them both until ultimately wanting to take her own life. Listening to her story, tears filled my eyes.

After her speech, she walked over to her husband and young daughter. I shuddered as I considered what that little girl’s life would be like without her mom. Thankfully, she found the help she needed, but I wondered if other women in the room also needed help that morning.

About the Author, Sara Hutchins & Hive Family Collective

Sara Hutchinson is a Park City Local, Certified Birth and Postpartum Doula, Certified Childbirth and Yoga Instructor, Lactation Educator and Counselor, and Mindful Meditation Teacher. She is the owner of OMazing Birth and a founding member of Hive Family Collective, which seeks to connect and support parents in the joys and challenges of raising children.

In 2022, Hive Family Collective applied and received a grant from the Park City Community Foundation to begin WellMama, a Peer-to-Peer group giving new parents a place to come for support and education in partnership with Renon Barnum, a Park City Hospital Labor & delivery nurse, and Dr. Tania Bodnar, the Women’s Health Director at The People’s Health Clinic. The group meets at 1 pm the 1st and 3rd Tuesdays of each month downstairs at the People’s Health Clinic. The meeting is free of charge and open to all. “Please share with anyone who may need our services,” Sara Urges, “And remember, whether you or someone you love is struggling, you are not alone, it’s not your fault, and with the right resources, you will get better.”

The Paint Isn’t Washable, Memoirs of a Mountain Mom

By Casey Lane

Parenting at 7,000 feet has its challenges. We shovel, a lot, and I don’t just mean snow. We grocery shop, in the snow, we pick our kids up, in the snow, we leave the house on Saturdays and Sundays to teach them to ski, snowboard, and ride a chairlift, in the snow, in the hopes that one day, we too, might once again enjoy these activities without knowing there’s a pee-soaked base-layer beneath their bibb. So, when I awoke one Saturday morning to join my friend and her kids for an art activity (something that for two hours didn’t involve snow) I was shocked to pull my daughter’s clothes from the washing machine later that afternoon to find the paint she’d used to go full-send on a Santa Mailbox was, indeed, forever soaked into the sleeves of her yellow sweater. It was at that moment (and the one later where I dodged green knee-height frosting) that I realized the insights of parenting, like washable paint and intuitively wearing my less-than-favorite jeans to a cookie decorating event, can only be experienced first-hand.

I’m from Southern California. The hardest part of my weekend adventures growing up was enduring the wired bristles from my mother’s hand-held broom as she brushed the sand from my feet before leaving the beach. This morning, in 20 degrees, I brushed the boogers from my daughters already cold nose with an almost frozen wet wipe (that had spent the night in my car). As we drove to school, the blood had rushed to her face in all the places I’d wiped with what was essentially a dry ice cube, (sorry about that baby girl) and I dropped her off looking like I’d plunged her face-down into a creek before delivering her to her classroom. When I think about raising kids at this altitude, in eight months of cold weather, it makes perfect sense why Park City’s population, as big as it feels it’s grown, is still only 4% of Salt Lake City’s.

Yet, we’ve chosen this. Either because we are passionate about mountain biking and endure the winter, or because we’re dreaming of the day all this winter-ing will all pay off. Of the day we can ride side-by-side down the mountain next to our kids without the mild sent of urine filling the air (although by then, perhaps the tables will have turned). It’s the harder choice, by far. And yet, so many of us have stuck around. We’re still here. Season after season, cold wipe after wet butt, we continue to call this small community, home.

2023 will be my sixth winter in Park City. And like my daughter’s yellow sweater, I will emerge from summer and autumn with a beautiful mark on my heart for what this town, these mountains, and this community has given me and my family. It’s not easy. And yes, if we’re going to host events for kids under 10, let’s prioritize washable paint, but there’s a prize to be won for those who can endure the bumps and bruises of raising a family in the extreme; a badge to be collected, a stain to be earned, a memory you can never wash away.



Whole Essentials Nutrition, Prioritizing your Resolution to Wellness among Family and Friends in the New Year

By Emilie Davis

Resolutions can be hard for a number of reasons, but if you have dietary restrictions, it can bring feelings of embarrassment, fear, discomfort, and maybe even deprivation, and guilt as you try to navigate food-focused settings while embarking on your wellness journey. Here are a few ways to prepare yourself without losing momentum.

- **Reframe how you think about being 'restricted.'** Chances are if you think of your dietary restrictions as just that, you're more likely to have negative feelings about food, but also eat what you know isn't good for you. I'm not talking about dieting here. I'm talking about eating gluten (or sub any other food) sending you to the bathroom all night. It's just not worth it. Instead, think about having power and control over your food choices. "can't have"
- **Bring something to share.** This is just good manners, but it also saves you if there's nothing else to eat. Depending on the situation, it might also be good to communicate with your host about your restrictions.
- **Be consistent.** Stick with what works. You'll feel better and be able to handle the stress of your goals by sticking to a routine that's working for you. This includes sleep, self-care, and nutrition, and exercise.
- **Don't arrive anywhere hungry or thirsty.** We're all a little more susceptible to eating something we don't really want if we're hungry or dehydrated. Eat a small balanced meal or snack before you arrive, so you're not tempted.



- **Be satisfied.** Be mindful about your food choices and really ENJOY what you eat, who you're eating with, and where you are.

HEALTH AND WELLNESS CORNER

Harness Qi in the New Year

By Autumn Bear – Owner of Autumn Bear Acupuncture

The beginning of a new year brings a sense of newness and the ability to contemplate how to move our lives forward. It is an ideal time to transition and focus on the aspects of our lives we want to cultivate and grow. Chinese medicine is constantly looking at transition and transformation. Feng Shui (Fung Shway) is an aspect of energy work that aids in shifts.

One Chinese medicine principle looks at the human body as a microcosm of the larger macrocosm. As such, the greater environment can influence the workings of our bodies. We can equally affect the greater environment by shifting and changing the physical and emotional space. Acupuncture adjusts and transforms the energetics of the body, and Feng Shui adjusts the energetics of a space. In short, Feng Shui is acupuncture for an environment.

One easy way to shift energy is by moving our furniture around. Small adjustments can create a significant shift. There are a few principles that are easy to try—feeling stuck and in need of a fresh perspective? Make sure the pathways of the home are open and clear. The natural flow of a house's Qi (chi) (energy) moves from doorways to windows, so it is important to ensure clear paths between the doors and windows. If furniture is blocking that path, try changing the orientation of the furniture to open up the space.

Clutter is also a surefire way to stagnate our Qi. Clearing, organizing, and getting rid of unused items will open the Qi of our house, allowing more space to bring in the things we want.

Feeling overwhelmed, as if things are moving too quickly (money

is going out the door, promotions are passing by, things seem to be slipping through our fingers)? Try capturing some of the Qi by using round rugs or round tables, which reorients the Qi as it comes in and slows it down. To capture Qi in the front of the house, put plants and living things at the home entrance. Plants capture qi and help it take root and grow.

The beginning of the year is a great time to clear out the old and bring in the new. Try writing down intentions for the year and burning Palo Santo to bring in the good energy and set our intentions in motion. Thoughtful, mindful intentions can help jump-start the energetic flow and bring focus to how we want to conduct our lives.

Regardless of which direction life needs to move, it is always helpful to set intentions and find ways to cultivate personal transformation. Practicing Feng Shui is one way to experience transformation by rearranging our space and environment.



Recycle Utah, Recycling Pros

Professional Tips For Reducing, Reusing, Recycling, and Rethinking Christmas Packaging

By Ashley Brown

Recycle Utah is a CHaRM (Center for Hard to Recycle Materials) hub, and year-round they accept recycling items that can not go into curbside bins. The non-profit has over three decades of experience educating and serving the community. The recycling center consistently marks the weeks after Christmas as the busiest days of the year.

For optimal post-holiday recycling, it's essential to understand what can and can't go into curbside recycling and why. Broken-down cardboard (no grease), hard plastics, and plain wrapping paper are always acceptable as curbside recyclables. However, glass, Styrofoam, and plastic bags are strictly forbidden.

Plastic bags are any plastic that can crush into a ball, like cereal bags or sandwich bags. When placed in the curbside recycling, plastic bags get caught in the sorting facility and can contaminate an entire load of recyclables. Fortunately, Recycle Utah accepts plastic bags and mixed plastic, which they send to Croyden, Utah to used as fuel for a cement factory.

In addition to plastic bags, items not welcome in curbside have a place at Recycle Utah. The enormous green and brown glass recycling bins are hauled to Momentum Recycling in Salt Lake four to six times a week during the holidays. Beyond glass and plastic, Recycle Utah is the only local facility that recycles Styrofoam, batteries, old electronics, oral care, contact supplies, and CDs/DVDs. In addition, they seasonally accept Christmas lights, skis, snowboards, and poles.



For novice Recycle Utah users, understand that it's the customer's responsibility to sort items. The main categories are; aluminum, mixed metal, glass, cardboard, paper, and plastic. Because Recycle Utah provides an essential service, lines to use the facility can be lengthy. Eric Moldenhauer, Recycle Utah's Communications Director gives expert holiday recycling advice. "Pre-sort paper and cardboard from non-recyclables such as ribbons, bows, and foil wrapping paper. Save gift bags, bows, ribbons, and tissue paper to reuse next year," he explains. "Pre-Sort all materials at home before coming to Recycle Utah. It can save you 20-30 minutes of your time when doing your holiday recycling."

There are various ways to get involved for individuals who want to bolster sustainability in the community. Moldenhauer clarifies, "People can support Recycle Utah in many ways, including volunteering at our Center and at our events throughout the year. Anyone interested in volunteering can contact outreach@recycleutah.org"

Please remember that Recycle Utah is an idle-free center. So, when visiting turn off the car!

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.



TOP FIVE REASONS TO JOIN ROTARY:

- Community service
- Networking
- Leadership skills
- International service
- Friendship



PARK CITY TWILIGHT ROTARY CLUB:

We meet on the first and third Wednesdays. Social begins at 6:00 Meeting begins at 6:30 pm and ends at 7:30 pm @ O'Shucks Bar and Grill (8178 Gorgoza Pines Rd.)

ABOUT ROTARY:

Rotary International comprises 1.2 million neighbors, friends, and community leaders creating positive, lasting change in our communities worldwide. Our diverse occupations, cultures, and experiences give us a unique perspective. Our shared passion for service helps us accomplish remarkable feats.

Through our programs for emerging leaders, we're also helping young people get the skills and experience they need to make a real difference in the lives of others. We offer service clubs and programs to help students and young professionals strengthen their leadership skills, expand their world understanding, and make new friends.



2023 – Time to start planning!!

By Annett Blankenship

If you are looking to sell your property – keep in mind that you can qualify for a \$250,000 (single) or \$500,000 (married) capital gains exclusion if you have owned and occupied a home as your primary residence for at least two out of the last five years. Your home can be a house, apartment, condominium, or stock cooperative. For example, you live in your home for the first year, rent the home for the next three years, and move back in for another year when the tenants move out. At the end of the five years without paying capital gains tax. The other significant restriction is that you can only benefit from this exemption once every two years.

Are you looking to invest in real estate?

Real estate investing can be tricky and challenging. Our market typically doesn't see a high annual return on investments. Instead, Park City real estate has proven to appreciate well long-term, and investors tend to make their profit when they cash out. Most properties generate enough rental income to pay HOA, property management, and taxes but rarely cover a mortgage. Lenders require at least 20 percent down. If it is an actual investment property, it can be closer to 30 percent. Paying cash can help generate positive cash flow.



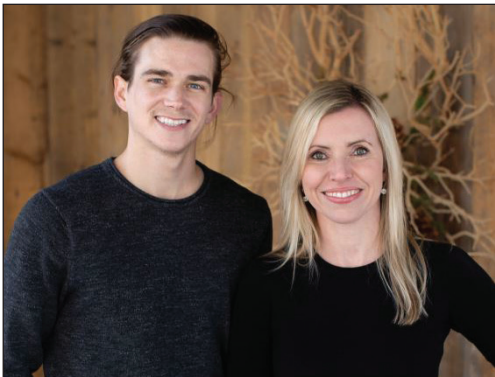
Tax exchange

If you are selling an investment property and are looking to upgrade or buy one in another market, consider a 1031 tax exchange. The key here is that it has to be a like-kind property of equal or more excellent value. A tax exchange can be a great way to sell an existing property and buy a new investment property while avoiding capital gains tax penalties. Talk to your accountant.

FRAUD WARNING

Unfortunately, fraud has been a topic in our market lately. Multiple owners who aren't selling have seen their properties listed on Zillow as "for sale by owner." Scammers are trying to target unrepresented buyers. Using a licensed Realtor and title company can prevent most fraudulent transactions due to proper documents and background checks. So far, mainly land has been targeted in Summit County. Buyers can drive by and walk the property without owners having to provide access to a home. Also, most fraudulent listings are listed well below market value.

We recommend property owners sign up for "Fraud Guard," a tool available through the Summit County Recorder's Office. The system will notify you about any changes to your title. It can warn people early if fraud is being committed in their name.



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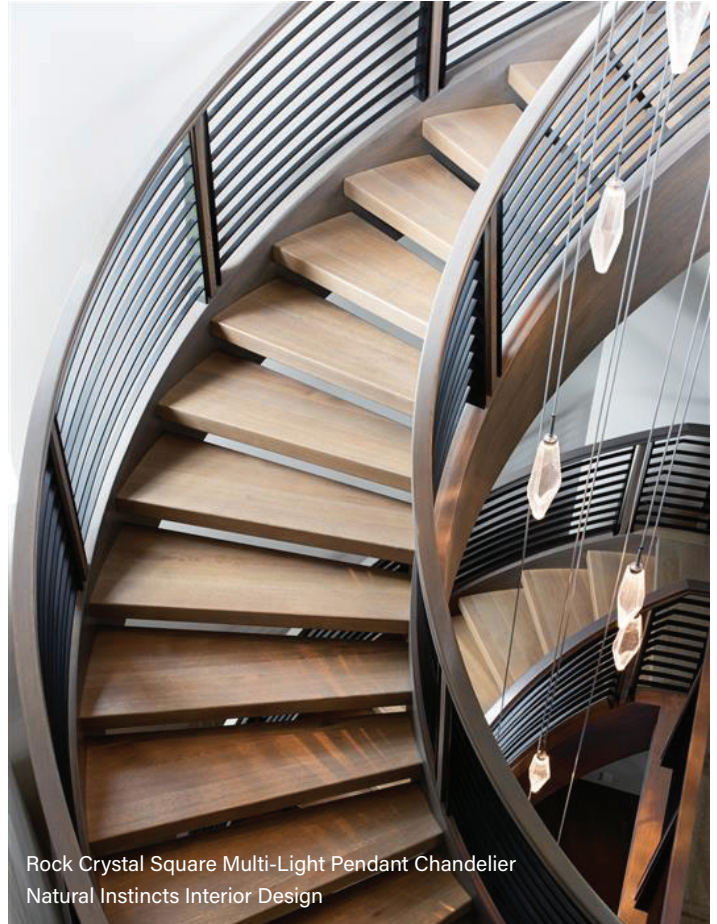
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4 MUST-KNOWS FOR STAIRWELL LIGHTING

By Jennifer Brassey on behalf of Hammerton

Decorative staircase lighting should be functional, sculptural, and suit the space provided. It can be difficult to get right, yet the alternative can be expensive and frustrating. Here are four tips to help guide your staircase lighting design:

- 1. Choose your fixture mounting location carefully.** Consider both the staircase style and the height and pitch of the ceiling, and remember that the best location for a fixture is not always in the center of the stairway. For example, while a round chandelier can work perfectly in the middle of a curved staircase, it rarely works in the center of a switchback-style staircase.
- 2. Install your fixture prior to flooring and railings.** If the fixture is not in the way, this route can be easier, cheaper, and less risky than paying electricians to work carefully around finish materials and furnishings. If your fixture requires bulbs, be sure the correct bulb quantity is on-site during installation.
- 3. LED makes the best choice for stairwell lighting.** Typically, stairwell fixtures are not easily accessible. Choosing LED bulbs will ensure that your staircase is beautifully illuminated for years with minimal maintenance cost and no hassle.
- 4. Have all decision-makers on-site during installation.** Determining the right overall height of a stairwell fixture can be tricky, and with multi-pendant chandeliers, the ideal height for each pendant can be entirely subjective. The designer and/or homeowner should be on-site during installation to provide input on the finished configuration.



Rock Crystal Square Multi-Light Pendant Chandelier
Natural Instincts Interior Design



Hammerton's Misto Square
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Axis Square Multi-Light
Pendant Chandelier
Interiors by Xander Noori

Hammerton offers a wide selection of unique lighting designs that are ideal for stairwell applications. We are experts at customizing canopy plates, mounting hardware, fixture size, and suspension length to suit even the most challenging stairwell installations. We offer a breadth of material and finish options to create a lighting solution unique to your stairwell space.

Elume loves working with Hammerton to design the perfect lighting for any space. Hammerton custom-makes each fixture right down to the artisan glass. We invite you to see some of their work hanging in the Elume showroom in Quarry Village.

Student Artist of the Month

By Allison Berry (6th grade)



Sonja

By Aiden Bizirca
(7th grade)

Aiden is a 7th grade student at Ecker Hill Middle School with a passion for ancient Histories and Earth Sciences. He's been a contributing writer to Neighbor's of Park City since spring 2022.

Sonja, A Park City 7th-grade girl and an aspiring rock climber once ranked top 30 in the United States and travels to climbing gyms in Millcreek and Murray where she practices

Sonja's initial foray into rock climbing had a "rocky" start as she did not want to participate in the sport. However, after signing up for a summer camp, Sonja's fondness for reaching new heights began. She began to practice, apply new techniques, and got a hold on the sport to the point where Sonja tried out for a professional team. Tryouts stretched over three days, focusing on different parts of the sport. A general assessment, focusing on proper technique and knowledge of the sport. The second day of tryouts focuses on challenges faced in competitions, like harder courses to climb, the day is also considered by Sonja to be the hardest day of tryouts, where applicants are the least likely to pass. The last day of tryouts is not as physically-related as the previous two. The day focuses more on perseverance and placement in the team.

Practices are intense, five days per week with two to three-hour sessions. It is fair to say that Sonja was "hooked" into this uplifting and collaborative sport.

Sonja advises trying out new activities, even if they initially appear unsurmountable. She recommends having reliable friendships and a good support network. Her tenacity in life is truly astounding and will empower her. The future is bright for Sonja.

Makers Series: Judy Summer

By Kirsten Kohlwey

I met Judy Summer, a slender, energetic woman with long flowing hair, in the mid 1980s. By then she was already a powerhouse in the Park City art world. Having moved here in the late 1970s she participated in the Park City Art Festival for 30 straight years. Towards the end of 1982 she started the Artworks Gallery on Main Street and the Park City Professional Artist Association, providing local artists two great outlets to nurture and grow their art and artistry.

The Artworks Gallery still exists under different ownership and still provides local artists an outlet on Main Street. The Park City Professional Artist Association morphed into the Park City Artist Association within the past year and is continuing their efforts to keep nurturing artists. Last year they were able to provide the largest single local scholarship at Park City High School to a budding artist.

Judy Summer is one of Park City's true pioneers. Even though she is now blind she still has a student, whom she is teaching the art of polymer clay. Judy says she has learned to be patient and she is centered in a different way. She is busily planning new art projects that 15 years of working with polymer clay, and many more years of working with bronze, clay and other hand manipulated media will allow her to create. Currently she is working on little bowls and jewelry. Her artwork can be seen at the Artique in Kamas and at judysummer.creates.gallery.

Her polymer clay horses are world famous. "It's a rewarding feeling to have started something worthwhile." In the 70s she was invited to be in an art show with sculptures for the blind. She feels very, very lucky and is learning to roll with the punches.

She laughed: "I am an artist...Sometimes it is actually refreshing because I can't see."

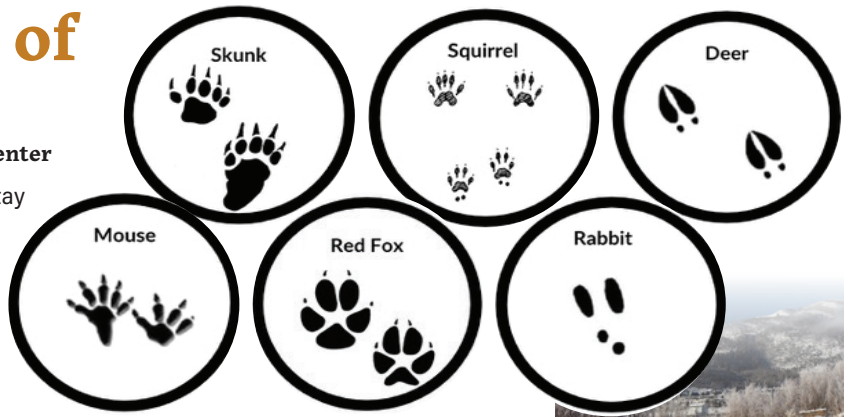
At 86 years old, her advice is to be flexible, find joy in creating something that didn't exist before and communicate. Communication is important, communicate a feeling, a mood or an environment, and keep making new friends.



Looking for Signs of Wildlife

By Emma Lowe, Swaner Nature Preserve & EcoCenter

The cold temperatures of winter may make you want to stay indoors, but this is a great time of year to get outside and explore the natural world! Some animals tend to slow down in the winter, but many still have to stay active to survive the snowy season. So, let's bundle up, go outside, and figure out which animals may be nearby. Here are some of our favorite tips when looking for signs of wildlife in your own backyard:



Look for animal tracks! In wintertime, it can be easier to see who has been walking around since we can see footprints in the snow. Once you find a set of animal tracks, you can then try to find out what kind of animal it could be. How big are the tracks? Do the tracks look like paws or hooves? Use pictures as a reference for some of the more common tracks we see around Park City.

Remember, animals leave more than tracks! Observe your surroundings to see what other clues animals may have left behind after you find a set of tracks. Maybe you spot a feather or fur, or even some scat (animal poop). If there are plants nearby, check for bite or chew marks. Animals, like deer and rabbits, forage for food in the winter and can leave these markings on plants they eat. All of these observations can help you understand what type of animal might have been nearby.

Listen for animal sounds! There may be some furry or feathered friends near you while you're outside. Take a moment and pause to see if you can hear any signs of wildlife such as a scurry in the

bushes or an animal call. If you hear a bird and want to learn what species it is, we recommend using the Merlin Bird ID app on your phone. This app can record bird calls around you and then tell you what it thinks it's hearing. It will show a photo of the bird and from there you can see if you can spot it in your surroundings.



If you want to explore outside of your backyard, Swaner Preserve is a great place to look for signs of wildlife. When there is enough snow on the nature preserve, you can rent snowshoes from Swaner EcoCenter and take them out onto our Wetland Discovery Trail. Or rent them for off-site use and enjoy any of the fun trails around town.

Visit swanerecocenter.org for more information, hours, and pricing. Happy exploring!



Swaner Preserve & EcoCenter UtahStateUniversity.

ABOUT US

The Swaner Preserve and EcoCenter is a 1,200 acre nature Preserve and a 10,000 square foot LEED Platinum building with interactive exhibits about the surrounding environment. We offer weekly nature tours, wildlife viewing opportunities, summer camps, environmental education for children and adults, evening lecture series, a gift shop with local and ecofriendly art. Visit the EcoCenter to learn more about our wetland ecosystem and the 10 miles of trails to explore!



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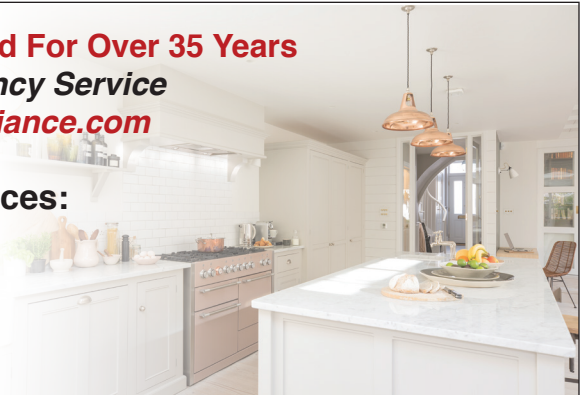
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