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The Adolphonson Family

Defined by Nature, Art, and Life in the Wasatch Back

COVER PHOTO BY LEXIE CLAYBURN - TAKE A HIKE PHOTOGRAPHY

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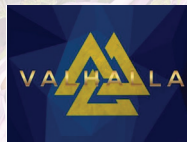
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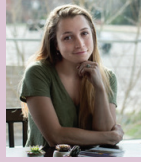
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Content Due	Edition Date:
December 5	January
January 5	February
February 5	March
March 5	April
April 5	May
May 5	June
June 5	July
July 5	August
August 5	September
September 5	October
October 5	November
November 5	December

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Dear Neighbors and Friends,



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!

~Jacquie

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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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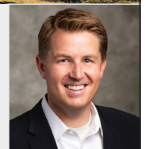
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The Adolphson Family

Defined by Nature, Art, and Life in the Wasatch Back

BY ASHLEY BROWN • PHOTOS BY LEXIE CLAYBURN - TAKE A HIKE PHOTOGRAPHY

Mountains, open space, and zest for adventure drew Utah natives Johnny and Sherry Adolphson to Heber Valley nearly 25 years ago. Along with their two sons, the family relishes playing outside and supporting Johnny in the never-ending quest to capture the perfect image for Johnny Adolphson Photography – a genuine family-run business where everyone plays a critical role.

Johnny and Sherry both hail from Orem, Utah. They have been inseparable since they met as young adults. Even as youths in Orem, the Wasatch Back held a special place in their hearts.

“We always loved and spent as much time back here as we could,” Sherry remembers. “As soon I could drive, I wanted to go up to Heber, to Deer Creek, to the mountains.”

Johnny echoes Sherry’s sentiment, “I’ve always played in the Wasatch back. And I’ve always felt at home here.”

They married in 1997 and moved to the Heber area a year later, partly for Johnny’s job with Park City Mountain Resort, where he moved up the ranks from lifty to ski patroller. Eventually, Sherry also started ski patrolling at Park City Mountain Resort, which marked the beginning of a lifelong tradition of working together.

During the early years of their marriage, the couple supplemented their winter schedules with other seasonal pursuits. Johnny was a wildlands firefighter for 11 years, and Sherry ran a robust garden maintenance service, Sherry’s Gardening.

Just after the birth of their first child, Johnny and Sherry moved from Timber Lakes to their current Heber City residence, where they’ve lived for 16 years. During that same time, Johnny accepted a job as a guide at

Park City Powder Cats. Sherry took on the role of reservation coordinator at Park City Powder Cats, which fit perfectly into her life as a new mother.

“Johnny was hired to be a guide. Toby was not quite a year old. So I had a young baby,” Sherry explains. “They were looking for someone to help with the reservations. And I could do that from home remotely.”

As parents, Johnny and Sherry share their love for adventure, nature, and exploration with their two sons. Toby, now 17, attends Wasatch High School, and 13-year-old Liam attends Rocky Mountain Middle School.

“We are very active and outdoorsy as a family... We have season passes at Sundance, and we try to spend at least one day a weekend riding together at Sundance,” Johnny explains. Together they relish camping and backpacking, and now Liam is following in his father’s footsteps as an aspiring rock climber.

Appreciation for the beauty of wild places led Johnny and Sherry to settle in Heber, work careers in the outdoor industry, and raise their children immersed in nature-based recreation. The drive to experience mother earth’s majesty laid the building blocks for the family business, Johnny Adolphson Photography.

“I’ve always had a fascination for terrain and topography,” Johnny says. “The same reasons I backcountry ski and climb are some of the same reasons, especially as I’ve gotten older; I chose to share that experience through art and photography.”

When Johnny got his first camera in 2011, photography became central to his life. “It quickly became an obsession for me, just like climbing and skiing. Something that would consume me and something I was passionate about,” he explains. “I used to shoot pretty much every chance

I could, and I'd shoot 300 to 500 shots a night, every night and every morning."

He started out as a jack-of-all-trades photographer capturing a broad range of images, from portraits to commercial work to stock photos. "I finally honed in on my niche, which is fine art landscape photography," Johnny says.

No one in the family anticipated Johnny's beloved hobby would become central to their lives. "I didn't realize that I was going fall into a career selling art full-time in the beginning," Johnny explains. Selling the first piece of art in 2014 was the initiation of the family photography business.

From the get-go, Johnny Adolphson Photography adopted a slow-growth approach. "I pride myself on having our business be as organic as possible," Johnny says. "Along the lines, I got a couple of shots that stood out from the others, and a few standout images began to gain traction... Some of these shots I got earlier on went viral."

However, Johnny and Sherry continued working other jobs for seven years after selling the first piece of art. Johnny shared his enthusiasm for photography through photography-based guiding and workshops at Action Photo Tours in Kanab, Utah. Sherry continued to work with Park City Powder Cats until last year.

"It's taken this long to just get to the point a year ago where we cut the cord and dive in full-time to the photography business," Johnny says. However, he hasn't quite cut his cords with Park City Powder Cats, where he still guides four days a week during the operating season. "I'm fortunate that we're able to run our business, and I'm still able to do what I love out at Powder Cats for three months of every year," Johnny exclaims, adding he attributes 100% of the photography business success to Sherry, who oversees all things managerial.

After 16 years of managing the reservation systems, plus many other duties, Sherry left her role at Powder Cats to invest in the family

business. "Leaving that [job] has opened up a lot more time to be more productive in our personal venture. And working for ourselves is a lot more rewarding," Sherry explains. "It's been great. I feel like I'm more available for the boys working from home and being present here." Plus, managing the business fits perfectly with Sherry's expertise. "I've always been a taskmaster," she says.

Even Toby and Liam have essential roles in the business. "When we're setting up the tent and setting up the booths and the displays, that's where the whole family gets together to help carry stuff," Johnny says. "Toby, at his age, has been a little more involved with the behind-the-scenes construction... He also helped build out our trailer to haul the art."

And focusing their efforts on Johnny Adolphson Photography brought a welcome change of more time to spend in nature. "It's been good for me being able to play outside and actually play with the kids a little more," Sherry says. "We try to take as much time as we can to have a little fun here and there."

Fortunately, fun is essential to the family business, where gorgeous and wild scenery is the office. Photography-oriented family trips center around backpacking, canyoneering, late-night star gazing, and continental camping. Reminiscing about a family voyage in Escalante, Johnny says, "That was an adventure. Sherry got a little bit scraped up on that one getting out the end of that canyon. It was an eight-mile hike, and we did it together," Johnny says. "That was a big day for our family." Sherry adds, "We had to get Johnny's camera backpack through there, and we literally had to hoist it into the air and switch it sideways to get it through some of the cracks in that canyon."

Escalante is only one of many locations where family adventures and photography mesh. In 2018 the Adolphson's rented a camper van and set out on a mission to explore the Rocky Mountains and Pacific coast. "We went on a family photography

mission up through the Tetons, Glacier, over to the coast, and down the coast," Johnny remembers. "My kids are big skateboarders. So the trip involved me taking pictures somewhere at sunrise when the kids were asleep. At midday, we did a skatepark tour... And every sunset we shot together as a family."

Consistently it's the photography adventures that require effort and drive that leaves the most significant impact on the family. "The most memorable ones are the ones where we've actually gotten off the beaten path and gotten up into the backcountry and backpacked and hiked in together," Johnny says.

This year the family plans to venture into Colorado, New Mexico, and Arizona, aiming to broaden the photography collection. The goal is to expand the portfolio to include more images of the states surrounding Utah and, in turn, participate in a broader range of winter art shows.

This summer, the family is excited to participate in local art shows. While Park Silly is important, Johnny looks forward to the shows closest to home most. "One of my favorite [art shows] is Art Around the Square that happens on the Fourth of July in the Midway Town Square," he says. "We often times do the Heber Market on Main. And that's a fun one because it's in the neighborhood... And we meet a lot of immediate neighbors and immediate friends."

When the family took a leap of faith last year to invest entirely in Johnny Adolphson Photography, it also brought many rewards. From the adventures travels for shots to cultural exploration at distant shows to fulfillment in watching hard work manifest into success, it's been an exciting whirlwind.

Sherry sums up the joy from their efforts, "I think the most fun part for me is meeting people at the art shows that we go. Having people show up that follow Johnny on Instagram, and they're just so excited to meet him for the first time. People from all over the country. Johnny's art brings them joy, and that's really cool"





Boys Wrestling

- Apr **15** **Wasatch Wrestling Club Tourney**
@Wasatch High Time: 8am ALL
- Apr **15** **Wasatch Wrestling Camp**
@Wasatch High Time: 8am ALL

Boys Baseball

- Apr **03** **Provo** @Wasatch High Time: 3:30pm
- Apr **07** **Vs Viewmont.** (non-region) @Wasatch High Time: 3:30pm
- Apr **11** **@ Salem** Time: 3:30pm
- Apr **13** **Vs Salem Hills** @Wasatch High Time: 3:30pm
- Apr **14** **@ Salem** Time: 3:30pm
- Apr **18** **@ Springville** Time: 3:30pm
- Apr **20** **Vs Springville** @Wasatch High Time: 3:30pm
- Apr **21** **@ Springville** Time: 3:30pm
- Apr **25** **Vs Spanish Fork** @Wasatch High Time: 3:30pm
- Apr **27** **@ Spanish Fork** Time: 3:30pm
- Apr **28** **Vs Spanish Fork** @Wasatch High Time: 3:30pm
- May **02** **@Maple Mountain** Region Play Time: 3:30pm
- May **04** **Vs Maple Mountain** Region Play @Wasatch High Time: 3:30pm
- May **05** **@ Maple Mountain** Region Play Time: 3:30pm

Boys Soccer

- Apr **11** **Vs Spanish Fork** Var 4:00pm
JV 5:30pm F 4:00pm
- Apr **12** **@ Bingham** F 4:00pm
- Apr **13** **@ Provo** Var 7:00pm JV 5:00pm
- Apr **18** **Vs Springville** Var 4:00pm JV 5:30pm F 4:00pm
- Apr **20** **@ Salem Hills** Var 4:00pm JV 5:30pm F 4:00pm
- Apr **22** **Frosh Tournament** @ Wasatch High
10:00am 1:30pm
- Apr **25** **Vs Maple Mountain**
Var 4:00pm JV 5:30pm F 4:00pm
- Apr **27** **@ Spanish Fork**
Var 7:00pm JV 5:00pm F 5:00pm
- May **02** **Vs Provo** Var 7:00pm JV 5:00pm
- May **04** **@ Springville** Var 4:00pm JV 5:30pm F 4:00pm



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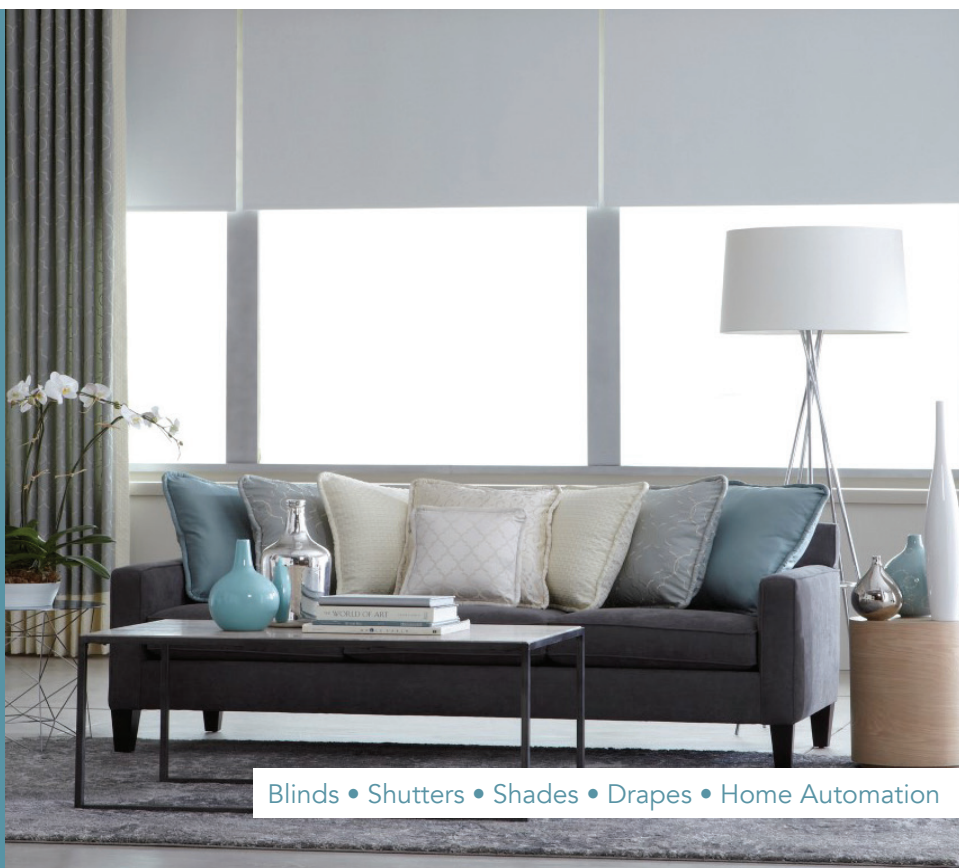
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Girls Outdoor Track & Field

- Apr **08** **Taylorsville Invitational** @ Taylorsville HS
- Apr **11** **Region 9** @ Wasatch High Track 3:30pm
- Apr **18** **Region 9** @ Wasatch High Track 3:30pm
- Apr **21** **AF Caveman Classic** @ American Fork HS
Field 2:00pm Track 2:00pm
- Apr **25** **Wasatch Relay & Underclassman** @ Wasatch Field
1:30pm Track 1:30pm
- Apr **29** **Tiger Trials** @ Orem Field 8:00pm Track 8:00pm
- May **01** **Little Buzzers** Depart 4:30pm
- May **02** **Region 9 JV Region** @Maple Mountain Field 3:30pm



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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



terrain. Be especially careful to start small if new to plyometric training.

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

BY MELISSA C. MARSTED • PHOTOS BY 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 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.
- 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.

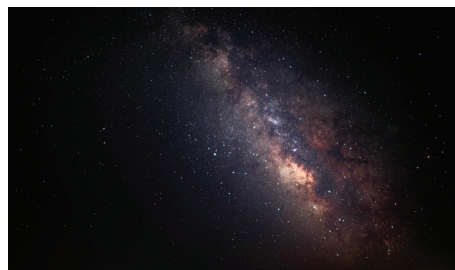
For information about how to join the Dark Sky Movement, visit the International Dark Sky Association website, www.darksky.org.

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.



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Conversations with a Death Doula: Grief

BY DEE DEE TURPIN, CERTIFIED GRIEF EDUCATOR, FOUNDER OF A NECESSARY CONVERSATION

You have the right to mourn. Grief is an individual journey. It's unpredictable in how it manifests itself and has no time limit.

Grief is a natural, normal reaction to losing someone you love. It does not fit in a box. Everyone's response to grief is unique. Yes, there are "stages" grievers go through. These stages are not linear. Only some people experience all of them. It's possible to go in and out or back and forth through the stages. Grief lessens, yet never leaves us completely.

A Necessary Conversation's Grief Package helps those who are grieving by allowing emotions to emerge, sharing them in a safe place, and creating a compassionate "template" to guide the grieving process.

With the Greif Package, a death doula helps individuals to explore their personal stories and uncovers the best ways to heal and get the necessary support. Through the process, folks learn to take the lead in their journey, ask for what they need, and understand emotional responses.

Part of the Grief Package examines spiritual tools that attune your experiences and relationships with those around you. Death can change relationships. Many people do not know how to face their fears about death. They may not be ready to hear your feelings or

know how to receive them. They may not know what to say or do around you. Others may want to "fix" your pain and be frustrated when they can't. Some people may retreat, but they still love you.

Relationships are complicated, and those feelings don't just stop after death. The grief associated with these relationships is also complex. Grief can be compounded if unresolved and can go on for generations if not addressed in a healthy way.

There are alternative approaches to experiencing grief and bereavement authentically. Learn to connect, and stay connected with others through shared experience, heart-to-heart. You cannot ignore grief. It will make itself heard....sometimes years or decades later. Talk about your emotions - practice not saying "I'm fine" or putting on a happy face. Instead, honor your feelings, take your time, and find safe places and people with whom you can express yourself.

It is possible to kindly express how you are truly doing and what you might need without feeling guilt, embarrassment or shame.

Eventually, you will be able to honor the memory of your loved one while still living your own best life.

To learn more or schedule a consultation, contact Dee Dee Turpin of A Necessary Conversation at 310-266-6936 or visit www.anecessaryconversation.com.

Fitness and Wellbeing Corner: Expert Contributor

DIY Spring Cleaning with Cost-Effective, Natural Essential Oils

BY MARTY HARGER

For fractions of the cost of synthetic commercial products, make your own natural, safe, aromatically-pleasing, and effective cleaning products with essential oils. The disinfecting and antimicrobial properties of essential oils are well-researched, with nearly 900 peer-reviewed research studies on www.pubmed.gov (type "antimicrobial + essential oils").

While almost every essential oil has antimicrobial properties of value, here are my favorites for spring cleaning based on impact AND aroma. Also in this article is information about a FREE how-to Clean with Essential Oils eBook.

Five Reasons to clean with essential oils

1. They are natural and safe to use in the home – surfaces cleaned with essential oils are safe for pets, babies, and bare feet to touch.
2. They are potent, powerful, and effective – a few drops added to basic household ingredients works wonders!
3. Essential oils are an alternative to cleaning products with dangerous toxins and chemicals – incorporating essential oils in your DIY products reduces exposure to unnecessary harm.
4. They offer versatile and affordable options for cleaning – with robust varieties at pennies per use!

5. Essential oils create lovely aromas – fresh, natural scents provided directly by nature!

Which Oils to Choose?

My top recommendations for aromatically pleasing and disinfecting essential oils are Basil, Cilantro, Lemon, Lavender, Lemon Myrtle, Lime, Litsea, Thyme, and Wild Orange.

Try combing a few drops of different oils to create a signature blend!

Other doTERRA oil blends with beautiful scents and disinfecting power include:

Abode Refreshing Blend: Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Eucalyptus, Cilantro, Lavender, Lemon Myrtle

On Guard Protecting Blend: Wild Orange, Cinnamon Bark, Eucalyptus, Rosemary, and Clove

Purity Cleansing Blend: Lemon, Lime, Siberian Fir, Citronella, Tea Tree, Cilantro

Do-It-Yourself and SAVE!

Simple, non-toxic, and effective natural cleaning solutions incorporating doTERRA essential oils are a great way to save money and smell AMAZING when used in your home. This month I'm offering a fantastic, FREE resource that explains the science and chemistry behind the antimicrobial power of doTERRA essential oils and how the quality of their oils has a favorable



impact on your health. It also includes countless recipes to clean mirrors, floors, carpets, counters, bathrooms, bedrooms, and more. Read about cleaning with oils basics on this link, then scroll to the bottom for a FREE eBook. Here's the link: <https://doterra.me/7Flvhv>

If you don't already have doTERRA's Certified Pure Tested Grade essential oils in your home, I'd love to help you get started with them! I'll show you how to incorporate the natural household cleaning remedies that thousands of families, like mine, have used for years. Please contact me at martyharger1@gmail.com and visit my website to learn more at www.martyharger.com.

Healing Hearts

BY KIRSTEN KOHLWEY

Healing Hearts is a place for bereaved parents to share their loss and heal. Now three years old, the group is moving their meetings to the conference room at Activa Plaza at 345 West 600 South in Heber.

Meetings are held every Wednesday at 6 pm and last about 1.5 hours.

The group was launched in August 2021, a year and a half after Gina Luke experienced her own trauma. Gina Luke has four children, Michelle, Hap, Justin, and Heather, along with Heather's best friend, Amelia, who Gina calls her bonus child. Together they have added seven grandkids to her life.

It was in July 2019 that her third child, Justin Luke, had a life-changing motorcycle accident in Provo Canyon. He wound up being paralyzed from the waist down. At the time, he had three children and was newly divorced. Gina became his caretaker. He was in severe pain, and unlike many paralyzed people, he could feel pain in his legs. With great dedication, he went to physical therapy four times a week and was able to bring his legs to his chest but not back down again. He was told at that point that he had a good chance of being able to walk again.

Nevertheless, all his efforts were thwarted by severe pain. As widely reported in the news, pain management care must be carefully monitored. Justin ran out of medication on a Monday and took his own life on Tuesday. Gina found him dead on February 4, 2020.

A month later, the world shut down due to the pandemic, and Gina found herself unable to deal with the loss. She sought help and started therapy with Tamatha Smith, a licensed therapist at CMHC. Gina Luke went to therapy twice a week and later once a week. After two months of treatment, she told Tamatha Smith she needed to help others. The 2020/2021 years were tough, but Gina prayed for God to send her the people she needs to be able to live. When I asked if Healing Hearts had helped her, she said, "Tremendously!"

In 2022 they did one retreat, and this year they are planning a retreat in June in St. George. It will occur Friday through Sunday, including mini counseling sessions, reiki, massages, and group therapy. Please call Gina Luke at 435-671-0189 if you are interested.

The goal is to be open and allow people to share their child's life and know that grief is a journey that sometimes does not have an end date. The group is geared toward parents who have lost a child, including moms who have miscarried. On average, 10 - 15 people attend the meetings.



Tamatha and Gina run the group together. Everybody is welcome. Most people from the Heber area attend, but attendees have also come from Salt Lake City. Everyone has unique coping skills and different triggers.

They discuss what has triggered them and what has helped. When new people attend, they focus on them in a soft, caring way. Some wish to talk, while others prefer just to listen. It is a place where you can feel normal even though your world has been turned upside down, and it seems no one understands. At every meeting, they ask: "What would you like? What would be helpful to you?"

A library of books on grief is available to be checked out. They have also shown TedTalk videos and have grown into a great support group. Gina Luke says it is like the six degrees of Kevin Bacon, except in a club nobody wants to belong to. They talk about many different topics and have discovered that they are all linked to another person.

They keep a list of all the children's birthdays and angel days, the day they left this life, and reach out to people to help them through these days. People can send out group texts, and everyone responds. Gina Luke considers them parent warriors. They jump back into the fire to help others who are newly bereaved. The vulnerability is soul-changing, and the people that come into your life can help you work through your grief. It is alright to feel all the emotions. It is normal to laugh again. There is no need to feel guilty.

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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.



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THURSDAYS IN APRIL**Free Yoga - Gentle Community Practice
Age 55 +**

@Wasatch County Library

Join 200-hr RYT Yoga Instructor and volunteer Marty Harger for a yoga series designed to bring more grounding and less stress to your week. Learn gentle movement connected to breathwork, mindful awareness, and meditation with practices you can incorporate at home to stay calm and well. This free yoga series is for those 55+ years of age as part of the Wasatch County Senior Citizens Center offerings. Please bring a yoga mat and block.

Time: 9 - 10 am

Website: <https://martyharger.com/events/>**APRIL 1, 6, & 8****Easter Bunny Train**

@Heber Valley Railroad

Come and ride the Easter Bunny train. This fun and short 40-minute round-trip train ride to our Charleston siding includes songs, fun, and an Easter egg handed out by our hosts, the "Peeps." The Easter Bunny will be there for pictures at the depot before the train boards. Then, just after each train returns, the fantastic magician Century Russell will perform magic at the depot.

Time: April 1 and 8: 10 am, 12 pm, 2 pm, 4 pm, & 6 pm + April 6: 4 pm & 6 pm

Cost: \$5 (ages 2 - 11) and \$15 (age 12 and over)

Website: <https://www.hebervalleyrr.org/calendar/>**MONDAYS APRIL 10 - 24****Game On! Sports Spring K - 5th, 3 Week
Multi-Sport Class**

@Old Mill Elementary School

Join Game On! Sports 4 Girls for the Monday Spring session of our trademark Multi-Sport Class! Explore and learn a different sport every week. 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: 2:30pm - 3:30pm

Summer camp sign-up opens on April 19

Website: www.gameonsports4girlsnorthernutah.com/school-year-classes**APRIL 21 - 23****Utah Barrel Racing Association Annual
Barrel Race**

@Wasatch County Events Complex

The Utah Barrel Racing Association returns to Heber for the annual barrel race.

Website: <https://www.wasatchparksandrec.com/events/2023/ubra>**APRIL 22****Princess and Pirate Train**

@Heber Valley Railroad

This fun 90-minute round trip includes pink lemonade and a cookie, a visit with Anna, Elsa, Belle, and other princesses on board, as well as crazy pirates! So wear your princess or pirate costume and come and have some fun!

Time: 12 - 1:30 pm

Cost: \$20 or \$5 (children under 2)

Website: <https://www.hebervalleyrr.org/calendar/>**APRIL 28 & 29****Heber Valley Farm Baby Celebration**

@Heber Valley Artisan Milk and Cheese

Experience the joy of spring during our farm's Heber Valley Farm Baby Celebration. With the help of other farmers & ranchers in the Heber Valley, you'll be delighted to interact and learn about various farm animals. In addition, you and your family can enjoy some time taking a hay ride and playing on the farm lawn or sand pile. Additional VIP tickets for calf feeding and milk barn tours are also available. Please wear closed-toed footwear that can get dirty.

Time: 10am - 5pm

Cost: \$0 (children 0 -2 years old) or \$8 (3 years old and up)

Website: <https://hebervalleyartisancheese.com/product/baby-animal-day-april/>**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 29****Mountain Valley Stampede Queen Contest**

@Wasatch County Events Complex

Utah state residents ages 18 to 25 participate in the annual pageant, which selects the young women who will promote the Professional Rodeo Cowboy Association in the Heber Valley. Applications are due April 17.

Website: <https://www.wasatchparksandrec.com/events/2023/2023-mountain-valley-stampede-queen-contest>

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."

happy
E A S T E R

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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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]



KOURI RICHINS

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I am a Kamas native, born and raised in the local area. I specialize in representing my clients in the purchase and sale of single-family residences and income property within Kamas. I truly love this area and pride myself on my knowledge of current transactions, school

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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 latté, and negative temperatures with a fellow mom, a friendship naturally follows.

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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

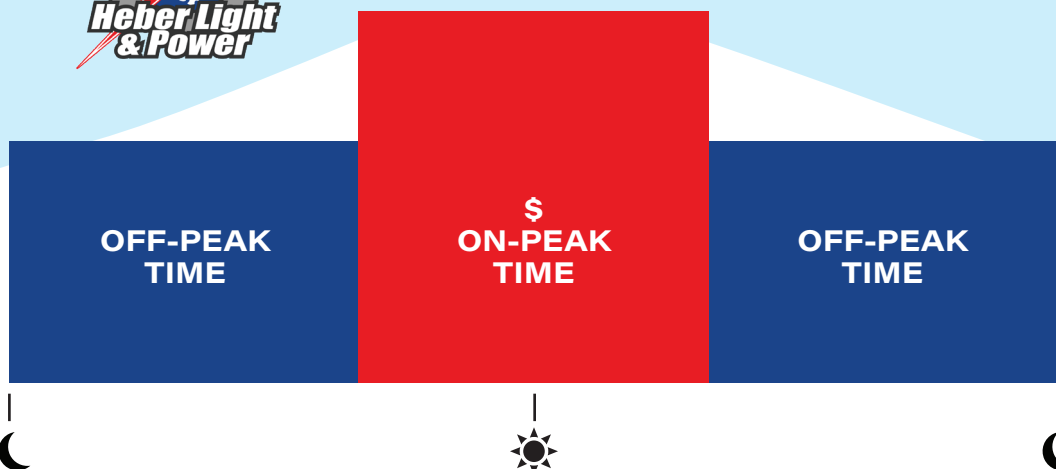
child's books? Singing a book only increases the benefits of reading, as it will help to engage your child more and stimulate other parts of their brain! Start with an easy rhyming book like "Brown Bear, Brown Bear" and create a short melody that you can repeat over and over. If that feels intimidating, 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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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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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.

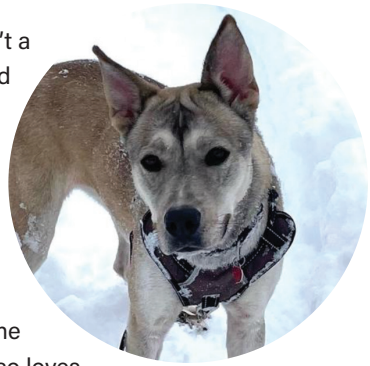


1. Super sweet **Brodie** is just about a year old. Though he can be a little nervous at times, he warms up quickly and loves playing with other dogs. He would benefit from a home with another dog he can learn from. He loves a good adventure and would be the perfect companion to have by your side this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



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

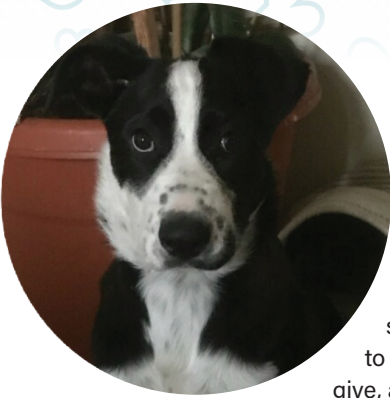
intelligent dog and is destined for great things! Please reach out to Dog Days Helping Paws for more information (719)-306-1099



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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.

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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