

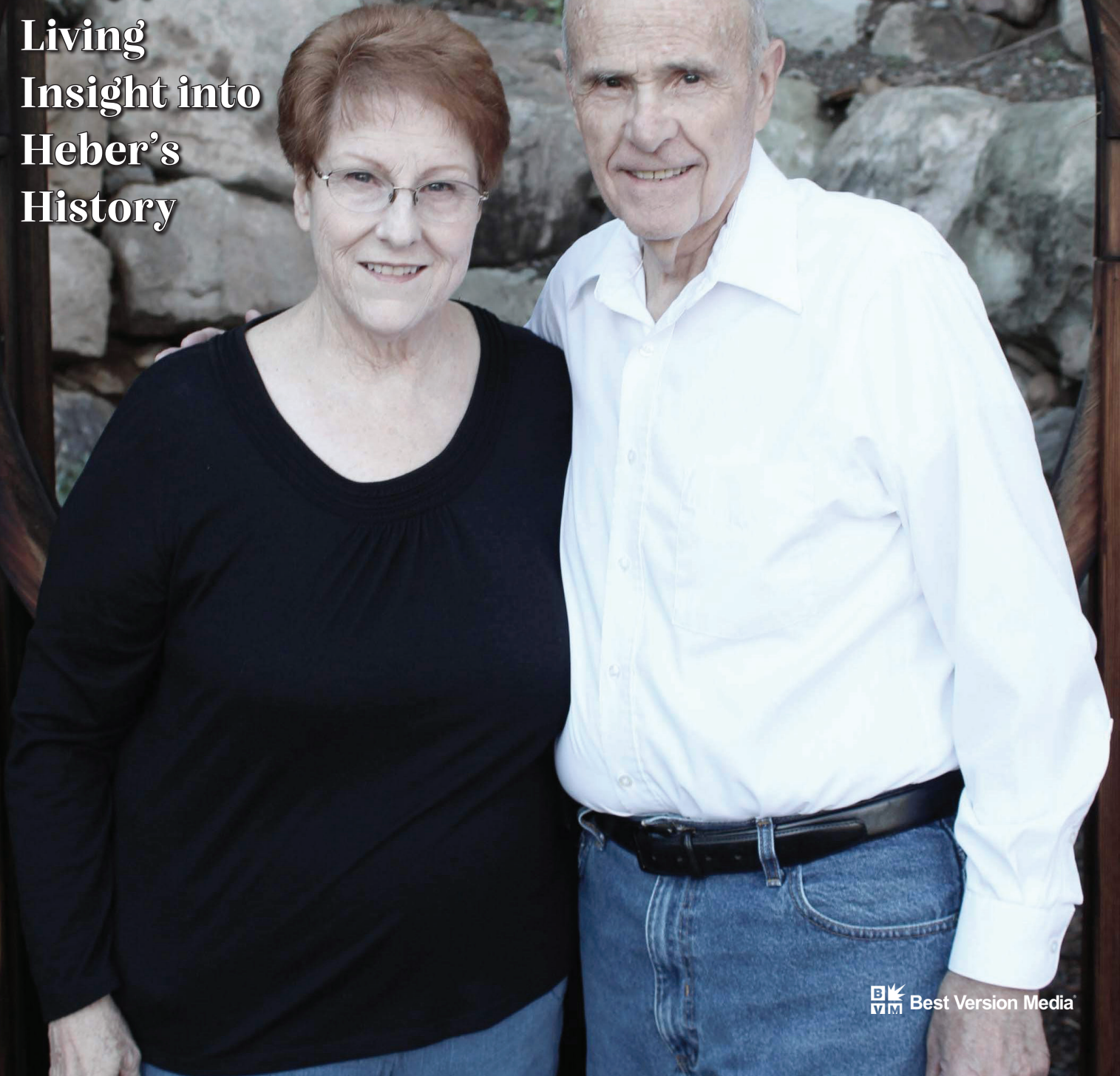
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*Jeff Bradshaw*

Living  
Insight into  
Heber's  
History





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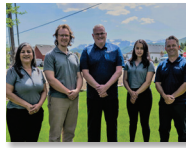
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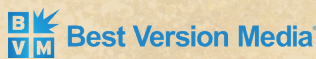
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*Dear Neighbors and Friends,*

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 unhoused, 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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# The Power of Lighting

BY JARED WRIGHT - HEBER LIGHT & POWER

It is remarkable how much power (pun intended?) light has in our lives. Over the winter months, many people suffer from the "winter blues". The actual condition is called Seasonal Affective Disorder, appropriately referred to as SAD. In addition to the cold of winter, shorter days mean less light, which can significantly affect our well-being.

Imagine how much worse a condition like this would be if our lighting still came from candles and lamps. I, for one, would much rather have the brightness of an electric bulb. One of the treatments for SAD is the use of a special lightbox. It is used in the first hour after waking up to mimic natural outdoor lighting. According to the Mayo Clinic (mayoclinic.org), this light therapy helps change the chemicals in your brain, thereby relieving the symptoms.

This article is not meant to be a discussion on mental disorders. I use it only as an example, among many, of how important lighting is to us. We can work later into the day and through the night. We can enjoy our hobbies, attend parties, have greater safety, and the list goes on. Lighting is used by one and all, but it isn't free. It takes electricity, and a lot of it, to keep the lights burning.

Each light we use adds to our monthly electric bills. We have multiple bulbs in our homes which is why energy efficiency is so important. There have been significant advances in lighting over the last decade. LED lighting can now provide all our lighting needs, apart from very specialized situations.



There are multiple advantages to using LEDs. I'll list two:

- 1. Lower Wattage**  
- This is the primary reason to use LEDs. The 100-Watt equivalent LED bulb averages 15 watts. It's hard to find anything 85% cheaper to use.
- 2. Cold weather** - LED bulbs last longer than traditional bulbs. This is more pronounced in cold-temperature applications. While the life of traditional bulbs is reduced in the cold, LEDs like it.



I need to mention the colors of the light. Light color is measured by its temperature in Kelvins (k). The yellowish light we are all used to is 2700k. Lights labeled as "daylight" are usually 5000k and produce a stark blueish light. If you want a happy medium, go with a 3500k. Anything above 3500k will be helpful in combating the winter blues.



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For example, a single space heater running 12 hours per day, can cost more than \$50 per month to operate! You should try and limit the use of anything using electric heat. Timers and thermostats are great tools to mitigate electric consumption related to heating.

For more information regarding electric heat, visit :[energy.gov/energysaver/electric-resistance-heating](https://energy.gov/energysaver/electric-resistance-heating).

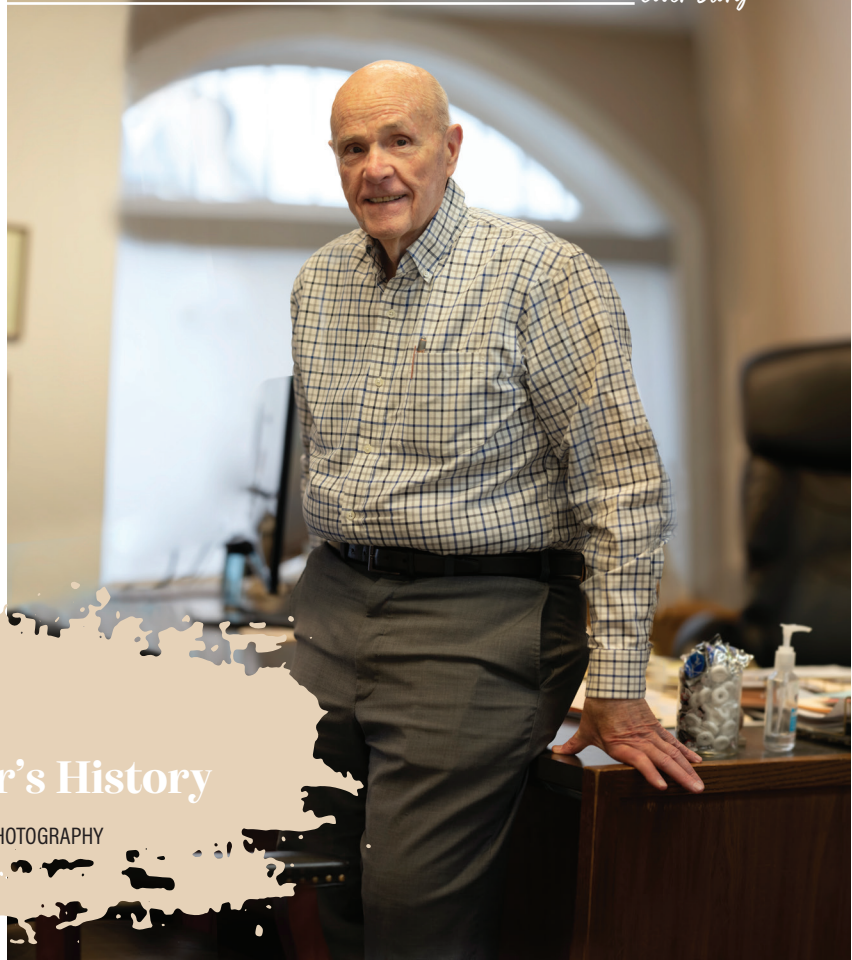
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# Jeff Bradshaw

## Living Insight into Heber's History

BY KIRSTEN KOHLWEY • PHOTOS BY LEXIE CLAYBURN - TAKE A HIKE PHOTOGRAPHY



I met Jeff Bradshaw at his office on Main Street. He is as close to living history as you can get in Heber. His ancestry on his mother's side goes back to the settlers of Heber City. His great-great-grandparents were part of the Willie handcart company in 1856 that had to be rescued during an early snowstorm in Wyoming. They both survived along with their six children. Around 1859/60, they were among the founders of Heber City, settling there after a few years of living in the Provo area.

Jeff Bradshaw himself was born in Ogden, one month after World War II ended. He was about four years old when his parents moved his family to Heber. He attended Central Elementary School, which was demolished in February 2015 and has been replaced by the Public Safety Building. In 1963, he was in the next-to-last class that graduated from Wasatch High School that was on the current city park. Since then, another high school building has been built and then replaced by the current high school.

After one year of college at BYU, Jeff Bradshaw went on a mission for the Church of Jesus Christ of Latter-day Saints for two and a half years to Belgium and France. He learned to speak French but says he has forgotten most of it since then. In November 1969, he got engaged to his wife. Life became quite hectic back then. In December 1969, his name was drawn as Number 1 for the draft. He joined the National Guard, finished his degree in January 1970, and spent the next six years serving in the National Guard. The Vietnam War ended before he finished his National Guard tour.

After being a CPA for 42 years, Jeff Bradshaw still says, "income taxes are fun." At the beginning of 2022, Jeff Bradshaw took in a partner, and the company is now called Bradshaw, Smith & Co. Jeff Bradshaw is so involved in the community, one has to wonder that he even has time to work. He doesn't just know Heber's history from living here, he has served in many appointed and elected positions over the years.

His father was "Mr. Lion," the secretary and treasurer of the Lion's Club, a service organization for the community, for many years, and Jeff joined him as a member for about 16 years. He left the Lion's Club when he was elected to the Wasatch School Board because the meetings were at the same time. He held that position for four years and then his wife wanted to run for the position and won. She served on the school board for 20 years.

During the lean years in starting up his practice, Jeff Bradshaw became the County Clerk and Auditor for four years from 1987-1990 while continuing to run his accounting firm. In 1991, the elected treasurer was diagnosed with cancer, and Jeff was appointed to fill the role from July 1994-1995. He was also on the board of the Chamber of Commerce for 10 years, three of those as President.

Along the way, Jeff's family grew to four daughters and 14 grandchildren. In his office he has a collection of autographed baseballs and baseball cards, which his children give him for special occasions. He played little league and pony league baseball, but his career ended at age 14, when his body no longer outperformed the other boys. Until the 70s, he enjoyed playing golf on occasion, and the last fishing trip he remembers was in the 80s. He thoroughly enjoys visiting his family, which has now spread out to Arizona, Idaho, and Wyoming.

Jeff Bradshaw has seen a lot of changes in Heber. As a boy he remembers seeing Sam Lowry carry a gunny sack into town about once a month. Sam Lowry served in World War I and became a hermit when he returned, living below where the Jordanelle Dam now is. Jeff has a portrait of Sam Lowry hanging on his wall, which an artist drew, who rented an art studio from Sam Lowry's niece. He was one of Heber's characters.

Through all of his appointed and elected positions, Jeff Bradshaw has helped shape Heber's development. He says, "My philosophy was, the city ought to have a say in how it grows." He served three terms on the Heber City Council starting in 2006, when the real growth years happened. He helped approve the Boyer subdivision, where Walmart is now. Back then people protested and then the recession hit. In the end, a 95,000-square-foot Walmart was built in 2011 instead of the 150,000-square-foot building that was originally planned. After that decision, all council members lost their next election or didn't run. Jeff Bradshaw was reelected in 2012. The most frequent complaint he hears about the Walmart now is that it isn't big enough.

He was part of the council that passed the Red Ledges development, which has turned out to be good for the city since they are mostly second homes. They provide tax revenue to the city without costing them much money for education and services. The original developers, the CEO of Ryder trucks, who married a Heber native, and his friend, the CEO of Black & Decker, still own



the remainder of Red Ledges.

He says the city is now doing the best they can with the current growth spurt. Since 2013 Jeff Bradshaw has been the interim director of the Wasatch County Housing Authority, and he has also been representing Wasatch County on the Mountainlands Community Housing Trust for nine years. They have developed two buildings, one with 26 units and one with 39 units, for independent senior housing across the street from the library and across from Rocky Mountain Care and an assisted living facility. Many towns would be jealous of such a convenient placement of these facilities. Currently the Mountainlands Community Housing Trust is working with other organizations to build 49 affordable housing units for essential workers.

Jeff Bradshaw enjoys what he is doing and sets a high bar for helping out your community. He says that when he was growing up, his parents and grandparents didn't talk much, but Jeff is a treasure trove of Heber's history, so if you want to know more, I suggest you talk to him.





## Boys Basketball

- Jan 04 @ **Morgan**  
Sophomore 3:30pm JV 5:15pm Varsity 7:00pm
- Jan 13 @ **Salem Hills**  
Sophomore 5:15pm JV 3:30pm Varsity 7:00pm
- Jan 17 @ **Provo**  
Sophomore 5:15pm JV 3:30pm Varsity 7:00pm
- Jan 20 Vs. **Springville**  
Sophomore 5:15pm JV 3:30pm Varsity 7:00pm
- Jan 24 Vs. **Spanish Fork**  
Sophomore 5:15pm JV 3:30pm Varsity 7:00pm
- Jan 27 @ **Maple Mountain**  
Sophomore 5:15pm JV 3:30pm Varsity 7:00pm
- Feb 03 Vs. **Salem Hills**  
Sophomore 5:15pm JV 3:30pm Varsity 7:00pm

## Boys Wrestling

- Jan 04 **Salem Hills Dual**  
@ Salem Hills 5:00pm 7:00pm ALL
- Jan 6-7 **Rollie Lane Invitational**  
@ Ford Idaho Center, Boise TBA ALL
- Jan 10 **All Star Dual**  
@ UCCU Center UVU 6:00pm ALL
- Jan 12 **Maple Mountain Dual**  
@ Wasatch High 5:00pm 7:00pm ALL
- Jan 13-14 **JV Rumble**  
@ Riverton High TBA JV
- Jan 13-14 **The Rumble**  
@ Zions Bank Stadium TBA VAR
- Jan 18 **Morgan Dual**  
@ Wasatch High 5:00pm 7:00pm ALL
- Jan 20 **Uintah Dual**  
@ Uintah 5:00pm 7:00pm ALL
- Jan 21 **5A State Duals**  
@ Mt. View High 9:00 am ALL
- Jan 26 **Spanish Fork Dual (Senior Night)**  
@ Wasatch High 5:00pm 7:00pm ALL
- Jan 27 **Payson Dual**  
@ Payson 5:00pm 7:00pm ALL
- Jan 28 **High Country Classic**  
@ South Summit High TBA Some
- Feb 3-4 **5A Divisional Tournament**  
TBA TBA TBA



## Swimming

- Jan 6-7 **St George Invite** @ St George • TBA
- Jan 12 **Union** @ Wasatch • 3:45pm
- Jan 19 **Maple Mtn & Spanish Fork** @ Wasatch • 3:45pm
- Jan 24 **Layton** @ Wasatch • 3:45pm
- Feb 3-4 **Region 9 Championships** @ Wasatch • 10:00am

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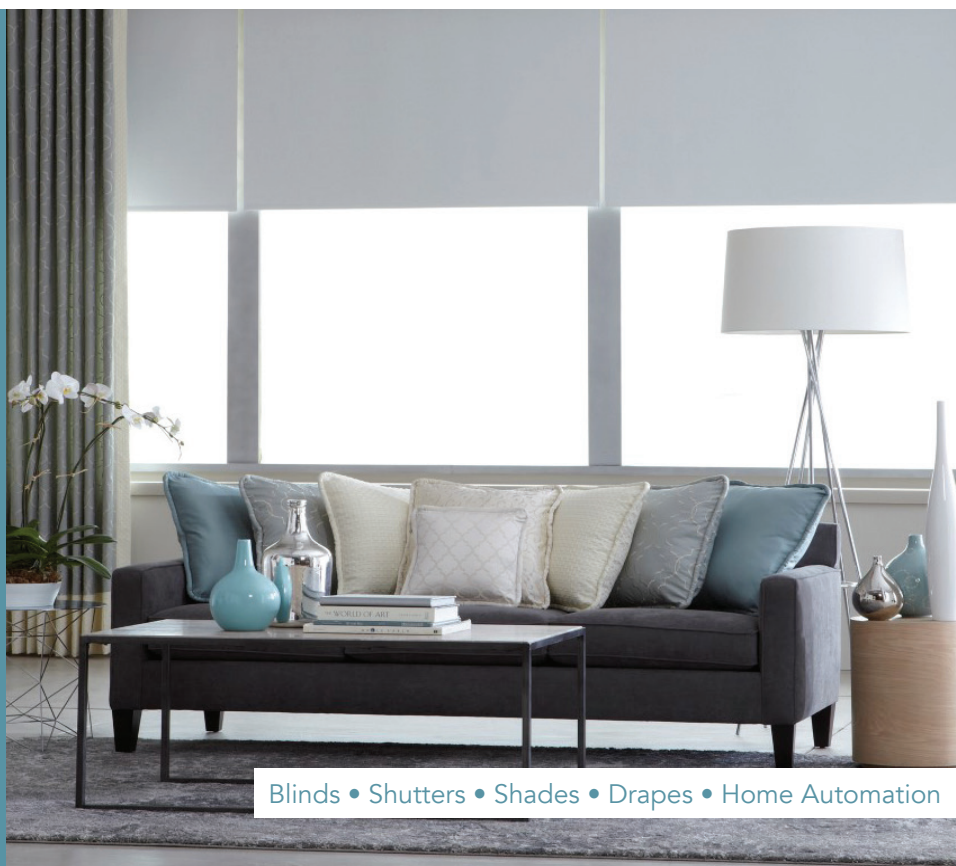
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## Girls Wrestling

- Jan **6-7**    **Rollie Lane Invitational**  
@ Ford Idaho Center, Boise 9:00am Fri 9:00am Sat
- Jan **10**    **All Star Dual**  
@ UCCU Center UVU TBA
- Jan **12**    **Maple Mtn/Copper Hills Tri-Dual**  
@ Wasatch High 5:00pm 7:00pm
- Jan **13-14** **The Rockwell Rumble**  
@ Zions Bank Stadium 11am Friday 9:30am Sat
- Jan **20**    **Uintah Dual**  
@ Uintah High 5:00pm JV 7:00pm Var
- Jan **25**    **Manti Dual**  
@ Wasatch High 6:00pm
- Jan **28**    **Lady Templar Clash**  
@ Manti High 10:00am
- Feb **3-4**    **5A Girls Divisionals**  
@ Tooele High TBA



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# 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.



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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.

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# Curb the Food Cravings, Naturally!

BY MARTY HARGER

Are you ready to ditch the recent overload of sugar and carbs? Do you wish some of the holiday “padding” could begin to disappear?

Even before the holidays, I was interested in just that. So, when doTERRA introduced its new MetaPWR™ System in September, my husband and I immediately started using this essential oil blend and accompanying products daily.

MetaPWR helped us break our cravings for treats throughout the holiday season. We also experienced both inches and weight loss by incorporating the MetaPWR essential oil blend into our other good nutritional choices.

Essential oils are 100% natural, highly concentrated liquid plant extracts. They are extracted from the plants’ rind, leaves, bark, resin, seeds, and roots using steam distillation or cold expression. doTERRA conducts over 55 scientific quality control tests to ensure the purity, efficacy, and safety of each batch of their oils.

The MetaPWR essential oil blend is one of the System’s three key products. The MetaPWR oil blend is ingestible as chewing gum, small beadlets, soft gel capsules, or dissolved into water. The blend also smells delightful and works similarly when diffused.

How does this aromatically uplifting and yummy combination of citrus, spice, and mint essential oils aid in making better food choices? doTERRA states, “Pre-clinical research and ongoing studies indicate that the MetaPWR blend can be quite profound in curbing cravings, reducing adipose fat cells, and supporting healthy metabolic function.”\*

Several health benefits come from ingesting MetaPWR’s proprietary blend of five balanced oils throughout the day

**Grapefruit and Lemon** essential oils contain high amounts of limonene, which help with detoxification and purification. Taken internally, these oils may help the mucosal surfaces of the gastrointestinal tract to move

our food along with normal peristalsis and therefore reduce our body’s toxic load. In addition, these oils often help us curb cravings for the quantity of food we eat, thus helping us make more mindful nutritional choices.

Hundreds of peer-reviewed studies indicate that **Cinnamon Bark** essential oil contributes to a healthy metabolic and immune system when taken internally.

The blend’s **Peppermint and Ginger** essential oils add flavor and may help to eliminate digestive discomfort.

I’d love to help folks interested in trying the doTERRA MetaPWR blend to curb cravings naturally and encourage more mindful food choices in 2023. Email me at [martyharger1@gmail.com](mailto:martyharger1@gmail.com) to connect and test samples. For more information about my services, including private wellness and essential oil consultation, visit [martyharger.com](http://martyharger.com).

*\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*



## A Necessary Conversation - The conversations that no one wants to have, but everyone should!

BY DEE DEE TURPIN

My name is Dee Dee Turpin, and I am a death doula, grief educator, and founder of A Necessary Conversation. I established A Necessary Conversation in 2017 to help friends, families, loved ones, and communities engage in the necessary but often avoided conversations around death and dying.

As a Death Doula, I provided a broad range of “non-medical services” to individuals nearing end-of-life.

The death doula practice at A Necessary Conversation focuses on helping the dying and their loved ones to prepare emotionally and spiritually for the dying process. I step into the often-unsupported spaces that focus on the needs of the dying while recommending various ways that the families can bring a sense of ease and comfort that keeps the focus on supporting the dying.

A Certified Grief Educator helps people navigate the rocky terrain of grief by providing the highest level of grief support through education, experience, and insights.

As a grief facilitator, I create a safe space for people to place their



emotions while honoring the broad spectrum of experiences tethered to death or loss. With the proper support, a griever can, in time, find a sense of peace that allows them to walk through these heartbreaking experiences.

As the founder of A Necessary Conversation, my goal is to continually learn as much as possible about all aspects of death, dying, and grief. My passion is to pass my knowledge on to others in hopes that by working together - we can bring a more profound sense of meaning, love, peace, and honor to one of life’s most vulnerable yet profound experiences.

I welcome you and your loved ones to approach death differently through A Necessary Conversation.

# Winterize Your Skin

DARCY DEBERNARDE- MASTER ESTHETICIAN, EDUCATOR,  
AND OWNER OF SKIN BY D

Utah's cold, dry winter elements can wreak havoc on our skin, leaving it dry, tight, itchy, and inflamed. Small, irritated, and untreated areas on the skin can increase and worsen with continued exposure to the elements.

These conditions are often the result of what's known as transepidermal water loss (TEWL). TEWL refers to the evaporation of water in the skin through compromised layers of our epidermis (outer skin layers) into the external environment. Skin lacking water also accentuates wrinkles, scarring, sagging, and other problematic skin conditions.

As an illustration, think of the roofing on your house, where the overlapping roofing

material is designed to protect you from the damaging effects of weather – to keep heat in and cold, wet weather out. If the material begins to loosen or degrade and starts to come off your home, your peaceful internal environment becomes compromised. It's the same with skin: the epidermis's top layer is made up of overlapping flat cells (that remind me of cornflakes). If your skin is compromised, broken, or inflamed, the flat layers lift and allow bacteria to get in and water to escape resulting in redness, itching, pain, and inflammation.

Your skin, just like the roof of your house, is your first line of defense against the harmful elements of winter. And just as we winterize our homes and cars to prepare them for the detrimental effects of the coming season, winterizing skin protects it, keeps it healthy, and functioning properly.

Here are some helpful tips to help you "winterize" your skin:

- Add a humidifier in your bedroom to add moisture to the air.
- Switch to an oil cleanser to effectively remove makeup and SPF and add hydration.
- Use serums and occlusive moisturizers with Ceramides, cholesterol, and fatty acids, which are essential in maintaining water levels and healthy skin function.
- Use ingredients that hydrate and protect: hyaluronic, glycerin, shea butter, and lactic.
- Use an SPF (even on cloudy days) with dimethicone or other skin-protecting ingredients.
- Exfoliate! My favorite in the winter month is a mild lactic acid, which hydrates, exfoliates, improves texture, lightens, and brightens skin.
- Use a hydrating mask 1-2 times a week.
- Be consistent with your regimen, and apply your products 2 times a day.

- Switch out mineral powder makeup for a liquid, crème, or tinted SPF. The powder absorbs oil and will accentuate wrinkles and dry skin.
- Practice moisture sandwiching (vital during winter) by applying treatment serums and moisturizers immediately after cleansing while your skin is still damp, trapping water in the skin.
- Practice slugging - apply a thin layer of Vaseline over your nightly regimen to lock in moisture for the night and leave skin soft and plump in the morning.
- Don't forget your body too! Exfoliate and moisturize your body to keep your skin healthy, glowy, and happy!
- Finally, your diet is an integral part of your skin health regimen. Include foods rich in anti-inflammatory EFAs (essential fatty acids) that are necessary for optimal skin function and critical for hormone production, cardiovascular health, and brain function.

Some examples of foods rich in EFA's are seafood, fatty fish, certain seeds, nuts, and plant oils.

For help winterizing your skin, schedule an in-person or zoom consultation at [skinbyd.com](http://skinbyd.com) or give me a text or email. Plump juicy skin is IN!



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# 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.



**KOURI RICHINS**

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[krichinsrealty@gmail.com](mailto:krichinsrealty@gmail.com)

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

districts, neighborhood information, and related services, including mortgage, insurance and inspection information.

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# Current market risk, inflation, and economic status have you concerned?

BY ZACHARY ANDERSON



As a country we just had two negative quarters of economic growth. Don't be surprised if the third is negative also. That is a recession. We are also seeing inflation of about 7-9 percent, numbers we haven't seen since the 1980's. This means food prices will continue to rise. Healthcare costs will continue to increase. The household budget will continue to tighten.

The last market downturn was 14 almost 15 years ago in 2008. During that downturn the S&P lost 57 percent. We generally have a market downturn every six to eight years. Are you ready for a serious economic disaster?

To effectively explain how damaging inflation is, you must develop an understanding of "the rule of 72." If you divide the inflation rate into 72 it will approximate how many years will be needed before you need two times the amount of money to live on. At the current inflation of roughly 8.2 percent in eight years and seven months you will need to double your income in order to maintain your standard of living. So, a person retiring at age 65 on \$50,000 per year will need \$100,000 by 73 and seven months. They would then need \$200,000 by age 82 and two months. During retirement, a person retiring at age 65 will need to four times their income by the time they are 82 and to months in order to maintain their same standard of living.

If you reverse the effect and take the same \$50,000 when retiring at age 65 and inflation continues in eight years and seven months \$50,000 has the purchasing power of \$25,000. Eight years and seven months later that same \$50,000 has the purchasing power of \$12,500.

Finally, what happens if you have inflation and a recession at the same time? That is called stagflation, which is something we have not experienced since the seventies. It is really devastating because the value of stocks, bonds, and real estate decreases. The purchasing power of what is left is diminished by inflation, and then the government taxes that is left. Stagflation destroys wealth. UNLESS you have a strategy IN PLACE. Instead of being harmed by stagflation, what if you could take advantage of it?

If we could ask you a series of questions that would protect you and your family from market risk, inflation, stagnation, economic downturn, and help you take advantage of it. All this at no cost or obligation and with a promise we will not try and sell you anything and we believe you will be so pleased with the information that you will walk me to my car and open my door for me, do you think that would be worth 45 minutes with me in the next week or two?

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Security? Did you over 90 percent of Americans take Social Security to their detriment rather than their benefit?

2. What if you could actually take advantage of what is happening rather than be hurt by it?
3. Would you like to know how to make yourself the beneficiary of your own life insurance?
4. Do you want to be rich, or would you like an absolute, positive, guarantee that you would never be poor? What if we could show you a way that if you completely ran out of money, you would never run out of income.
5. Do you believe we will have another financial catastrophe like 2007 and 2008? Do you want to happen this time, what happened last time? Are you continuing to use a strategy that didn't work last time? Will the outcome of that strategy be different this time?

6. Would you be winning you weren't losing? Even if you don't do anything, at the very least, wouldn't you want to know something like this is possible? We love what we do, and we love helping people explore the answers to these questions and many more.

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# Get to Know Leavitt Group Insurance

BY TERAN HENNING

When you hear the name “Leavitt Group Insurance,” you might envision a large, faceless company. It is insurance, after all. However, this mental image couldn’t be further from the truth.

Leavitt Group is a large national insurance brokerage with 185 offices across 26 states. We strive to humanize insurance by putting the emphasis back on people. You deserve to be seen as someone whose needs aren’t quite like anyone else’s. When insurance isn’t tailored to your needs, you lose the peace of mind insurance.

Our Heber City location is part of Wasatch Leavitt Insurance Agency, which has four locations across Northern Utah. The great thing about our office, and Leavitt Group as a whole, is that we believe in the power of local. So much so that our office location alone has been around for decades.

My coworker, Kayli Buehler, and I grew up in Heber Valley. We don’t just work here; we live here and play here.

Kayli grew up in Heber City and graduated from Wasatch High School. She loves to spend time outdoors hunting, fishing, and camping when she gets the chance. If you asked her the best part of her job, she’d quickly answer that she loves helping clients by answering their questions.

I grew up just down the road in Wallsburg and graduated from Wasatch High School. I’m now raising a family with my husband and three boys here in Heber Valley. My favorite part of being an agency manager is acting as a true representative for our clients. It’s almost like a puzzle — I dig in and find the best coverages for every client.

When you combine our local know-how with the national power and resources Leavitt Group brings, your insurance “journey” becomes much easier.



Kayli and I share a common goal in helping the people who walk through our door: We aim to be friendly, warm and welcoming while still being professional and knowledgeable. Because we’re local, we can better sympathize with our clients when they walk through our door and more fully understand their worries and concerns.

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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.



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 life long condition but with the proper care he will live a long and happy life.



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LEXIE CLAYBURN  
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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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# January's Adoptable Animals

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](http://pflu.org/adoption). You can also reach them by call or text at (435) 640-4752 for more information.

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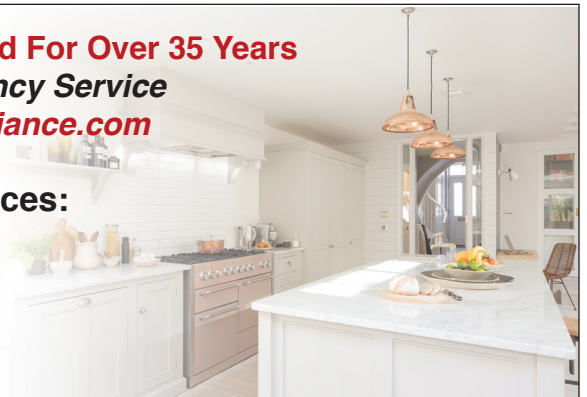
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# Rates and Lending Options

BY ANDY EMORY - SUMMIT SOTHEBY'S REALTY

Unless you have been living under a rock, you've probably heard inflation, Federal Reserve, and interest rates more in the past six months than at any other time in your life. In a nutshell, inflation has been much higher than it should be, and the Federal Reserve, the central bank that lends money to all the other banks, is trying to combat this by raising interest rates.

Real estate is one of the most affected by interest rate increases. Real estate transactions involve a loan from a bank, which, in turn, borrows that money from the Federal Reserve. If it costs the bank more to borrow that money, it costs the buyer more to borrow that money. The result is that the buyer can afford less house for the same monthly payment.

In real-world numbers, a buyer could have bought a \$1,500,000 house a year ago for the same payment they would have on a \$1,000,000 house today (30 yr fixed, 80% LTV, 3% vs. 6.5%). This has indeed worked to take some of the frenzy out of the market and has slowed the sales velocity. While it is yet to be seen where the market will go, values are still higher than pre-pandemic levels, and the market is more balanced between buyers and sellers, if not being tipped a little more towards buyers at the moment.

While relatively still low in the overall scheme of things, the consensus of what I've read and heard is that rates will come back down to the lower levels we've been used to recently. In the meantime, I wanted to point out some lending options that could help buyers bridge the gap until then or help sellers incentivize buyers worried about high payments.

2023 FHA Conforming Loan Limits - For 2023, the FHA loan limits have been raised. For the first time, rates for Summit and Wasatch Counties are over \$1MM, or \$1,089,300, to be exact. The loan products and lending guidelines for conforming loans require less money down and are more relaxed than those for jumbo loans (loans over the conforming limits). This is designed to aid first-time buyers and buyers at lower prices in completing a home purchase. Having the conforming limits raised helps those buyers shop for more homes in our market.

3-2-1 Buydown - Instead of a price reduction, a seller can contribute money towards closing costs to purchase a 3-2-1 rate buydown for the buyer. This buys the rate down by 3% in the first year, 2% in the second year, and 1% in the third year, with the normal rate kicking in in the fourth year. So with rates where



they are right now, the buyer would see a rate in the 3% range for that first year, then the 4% range in the second year, and so on. A buydown like this might cost the seller \$25,000, but the benefit to the buyer is much more significant than if the price were dropped by that \$25,000. This is an excellent way for a seller to incentivize buyers to choose their listing, and hopefully, that buyer can refinance to a new loan if rates come down before the 3-2-1 buydown has run its course.

Freefi - Our preferred mortgage partner, Intercap Lending, offers another creative option to help buyers. They are calling it a "Freefi." If a buyer closes a loan with them before 3/31/23, Intercap will offer them a free refinance anytime in the next two years, anticipating that rates will come back down before then. This is a great option to help buyers take advantage of lower rates when they arrive. Other lenders may have similar programs as well. If you'd like more information, call or email me, and I would be happy to connect you with my Intercap Lending specialist.

While the rising rates have certainly cooled the market a bit, homes are still being bought and sold daily. For sellers, there are ways to make your home stand out by helping buyers with rate buydowns and selecting the right agent to help your property shine and get the attention it deserves. For buyers, there are loan products to help get you into the home you want and mitigate current rates until we're back at lower levels. If you want to see how the current market might affect your real estate needs or goals, give me a call today!

*"Happy New Year from the Emory Family"*



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# 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

## THURSDAYS IN JANUARY

**Free Yoga - Gentle Community Practice, Age 55+**

@Wasatch County Library 400 E 1200 S Heber City

Wasatch County Yoga for Service Class Series. Join 200-hr RYT Yoga Instructor and volunteer, Marty Harger, for a yoga series intended to bring more grounding and less stress to your week. We use gentle movement connected to breathwork, mindful awareness, and meditation as practices you can learn to incorporate at home to stay calm and well. Presented by the Wasatch County Senior Citizens Center and Wasatch County Library. Please bring your own yoga mat and yoga block. Wear clothes that allow you to move and breathe freely. Being comfortable is key and all are welcome with or without masks. The room is a beautiful space to practice together! Questions? Call or text Marty Harger at 801-712-5406.

Time: 8:30am • Cost: Free

Website: [martyharger.com/event/yoga-classes/all/](http://martyharger.com/event/yoga-classes/all/)



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# 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 [judysummercreates.gallery](http://judysummercreates.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.



January's Artist of the Month:

# Lexie Clayburn

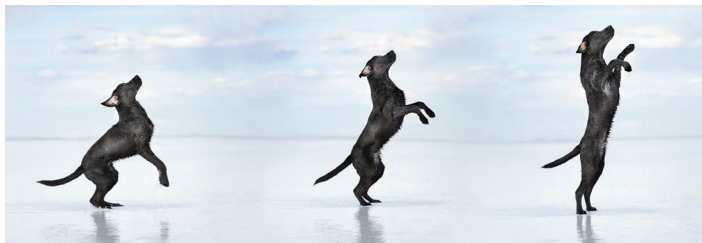
BY CHRISTIAN WEBER · PHOTOS BY LEXIE CLAYBURN · TAKE A HIKE PHOTOGRAPHY

Art is a reflection of society, and the artists of our community have creativity, passion, and beautiful souls. Aristotle said, "the aim of art is not the outward appearance of things, but their inward significance." Few in the Wasatch Back can capture this better than professional photographer Lexie Clayburn of Take a Hike Photography. Number one winner of Park City's Best Artist and Heber native Lexie has done countless pet portraits that capture the soul of her subjects.

Lexie has been doing photography professionally for about five years with her business, Take a Hike Photography. It all started in her backyard with cellphone pictures of her dogs, her English Mastiff, Bumba, and her Norwegian Elkhound, Punk, who she refers to as her muse. "It was just so exciting when I would get a cool action shot," says Lexie. "I would run inside and show my father-in-law, Rob, and he would say, 'It's time to get you a real camera.' So it was his idea that kind of started it." Since then, Lexie and her husband and "partner in crime," Caden Clayburn, have grown her business into what it is today. With beautifully captured photos of families and their furry loved ones in amazingly scenic areas, Lexie has proven her fantastic skills as an artist.

Though she loves photographing all animals, dogs are her favorite. "With dogs, it's just different. The word that comes to mind is magic, getting to capture that." Besides taking photos of animals with their loved ones, Lexie also focuses on helping animals in need. Specifically, she has done much work with the nonprofit Fetch Cares, which focuses on caring for dogs that often would otherwise be put down. "Lexie and her husband Caden always come in and take pictures of all our new fosters so we can post them, and they can put their best paw forward," says P.J. Saylor, one of the founders of Fetch Cares. "She and Caden are amazing. Her work is beautiful, and they are just so loving. The dogs always respond well with them."

Don't get fooled into believing pet portraits are the only photos Lexie





is taking. Her photos are often published in our own Neighbors of Park City. "I first met Lexie about three months before launching Neighbors of Park City and more than a year before launching Neighbors of Heber Valley," says Betsy DeMann, publisher.



"At the time, she was launching her business, as was I, and it felt like an excellent opportunity for us to support each other. Little did I know I was gifted the opportunity to work with a true professional and an amazingly talented artist."

Lexie loves her subjects to be acting naturally. With her dog portraits, she says, "Most people are nervous about how their dog will react. All I need is less than a second, and the crazier, the better! If they're going bonkers, that's how we like it! They don't need to be well trained; we can put them on a leash; that's very doable." Lexie's photos are beautiful pieces of art that anyone would love to have on their walls. They are photos that truly capture your furry family's joy, love, and soul. If you are interested in more information or would like to book photo sessions, check her website, [takeahikephotograph.com](http://takeahikephotograph.com). She is lovely to work with, and you will love the results she will give you!






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