

NEIGHBORS OF

OCTOBER 2021

# Park City

THE PEOPLE & PLACES OF OUR MOUNTAIN TOWN

## Live Like Sam

Empowering Youth to Thrive



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

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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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**LETTER TO RESIDENTS**

Park City is a special place, that's why we all live and play here. It is also why our city is so wildly popular on the international stage for tourism, second homes, and full-time relocation. Given this growth, our community needs to take a balanced, pragmatic approach to challenges, all guided by an actionable strategic plan that reflects our community values. It is the next step in realizing our community vision. We need to think big and get creative to ensure community benefit for years to come.

Our culture of kindness and mutual respect for each other are integral. We need to recognize that as fact and promote our core values. Examples of who we are abundant, look at the incredible response to the Parley's Fire this summer. Our community banded together quickly to support local heroes and evacuees any way we could. Offers of temporary housing flooded the local social media pages. Restaurants offered free meals to emergency responders and those in need. Donations were so abundant we were asked to hold off within a few hours of shelters being activated.

It is an honor to have the opportunity to represent our amazing community. It is also a great responsibility and one that I do not take lightly. Throughout this campaign, I have proven that I will do the hard work, have tough conversations, am extremely committed, and hopefully, our family's passion for Park City has been coming through loud and clear.

As a City Councilor, I pledge to continuously listen, set a positive tone, promote transparency, and give my all to represent Park City. I will bring a results-orientated approach, a proven record of success in strategic planning, and the ability to get things done to the benefit of our community.



Thank you for the opportunity to earn your support.

Sincerely,  
*Jeremy Rubell*

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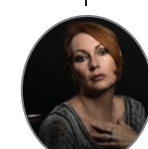
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# The Investor Team Answers Your Questions

By Annett Blankenship and Drew Via

**"My wife got a job, and we are moving. Should we list our house now or rent it out?"**  
- Brian H, Ranch Place

Annett: First of all, congratulations to your wife for getting a job and on the new adventures ahead of you. It is tough to give you advice without knowing how long you have lived in the home along with your plans for the future. There are a lot of very personal factors that play into making the best decision.

I highly recommend talking to your CPA or financial advisor first. Typically, they will advise you to sell IF you have owned your primary residence long enough to have a good amount of equity and take advantage of capital gains tax deductions. Turning the home into a rental may be tempting. Ranch Place is a highly desired area and will always rent well. Your CPA will have to advise you if it is a smart move from a tax point of view. Again, there is a lot of factors playing into that decision.

I assume you have a considerable amount of equity in your home. As you know, we are in a sellers' market. So it is a perfect time to cash out. Unfortunately, we don't have a crystal ball to see where the market is headed. Still, economists and local Park City Realtors agree that the market will slowly level out with inventory creeping up along with steady and lower appreciation rates.

It does not seem like you have to sell to buy a new home. But, do you ever plan on moving back? If the market was to take a dip, would you be able to keep the house rented out and carry on until the market recovers? Or would you need more cash to live and pay for your second home? If there are any concerns there, I'd advise you to cash out, invest in a condo you can occasionally use, and rent out the rest of the year, maximize your retirement funds, and live life. Let us know if you have any real estate questions you want us to address next month.

**"I am a single professional who moved here during the COVID pandemic. I have been renting for the last year and am considering making a home purchase. Most of the properties I have seen in my price range are townhomes. However, my parents always told me that single-family homes are a better investment. Should I keep looking for a stand-alone house, or reconsider purchasing a townhome?"**

- Hillary, currently renting in Silver Creek

Drew: The quick answer, like anything in Real Estate, is that it depends. Typically, I would agree that buying a home is more favorable than a townhome or condo for one main reason - you own the land. Park City is a bit of an anomaly in this respect since we are a resort market - we have higher per square foot prices, and the location matters. Driven by vacation demand and our nightly rental market, a higher percentage of our property inventory are condos and townhomes.

The purchase price and location are usually the main drivers for whether a primary home buyer purchases a single-family home or a condo/townhome. You'll need to balance the tradeoffs on what is important to you and how you can maximize your wants/needs within your budget.

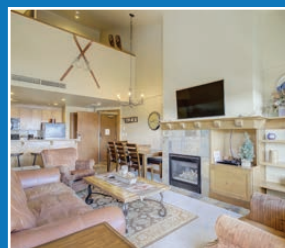
What are your goals for the property? Are you looking for something turnkey, or are you willing to renovate and make improvements? Would you rather live in the outskirts of town in a single-family home or closer to town in a condo? Do you want to be taking care of a yard or shoveling your driveway in the winter? Is the view important to you, or would you rather have some elbow room? Can I find these in a single-family home within my budget, or do I need to be looking at other opportunities?

The benefit of purchasing a townhome or a condo in a resort market gives you flexibility in turning the property into an investment property down the road or cashing out on equity when you find the right single-family home opportunity. Either way, at least you're in the market. Consulting with a knowledgeable and experienced Realtor will help educate you on the market so you can make the best decision for yourself and narrow down your search to specific neighborhoods given your search criteria.

*We are incredibly proud to live in Park City. It is wonderful to see this community's incredible support for local charities, businesses, and people who need it. It is tough to highlight one particular charity or local business. Everyone has done a fantastic throughout this pandemic.*

*Since I have two children myself, I would love to do a shout-out to Weilenmann for offering excellent education to families that live outside the Park City school district. If you can donate to this fantastic facility, please do. They could benefit from a full cafeteria or lunch program to provide healthy lunches at a lower cost.*

*The Park City Board of Realtors does a fantastic job giving back to the community every year. In Utah alone, one in seven children goes to bed hungry every night. 850 Parkites and residents of Wasatch County signed up for a turkey through the Food Pantry in 2020. Along with the community's help, Realtors of the Park City Board of Realtors provided an average of 2,500 turkeys to families in need across Utah through the years. The annual Turkey Drive is held throughout November in front of The Market.*



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# Evacuation Tips

By Carl Prior, DVM

In August, many of our friends and clients were evacuated from their homes because of the Parley's Canyon fire. Fortunately, everyone in our community made it home safely. At the time, many felt panicked and unsure what to take. For those that had a plan, even if it was just a handwritten list on a yellow legal pad, the process was easier. Plan ahead by checking the pet policy at hotels and motels outside the Park City area. Make a list of boarding facilities and veterinarians that might be able to shelter pets outside the area. Also, make arrangements with neighbors to support each other and your pets in case of an evacuation.

Here is a list of what to pack for your pets in case of an evacuation.

- Medications
- 3-days of food
- Bowls for food and water
- Vaccination and medical records
- Leashes
- Crates
- Chew toy
- Blanket
- Cat litter and litter box
- A recent photo of your pet
- Your veterinarian's contact information
- Keep up-to-date identification on your pet

Be prepared to leave early. Do not wait for an official evacuation order or you may be ordered to leave your pets behind.

While evacuated, keep your pets leashed or secured in a carrier at all times. Emergency planning for pets is essential.



# Meet Our Team

At the Park City Animal Clinic, we are committed to a team approach when caring for patients and clients. Since the summer of 2013, Dr. Jennie Nazzaro has been an integral part of the diagnostic and care team at the Park City Animal Clinic.

Raised in Louisiana, Dr. Nazzaro earned her Doctor of Veterinary Medicine at Louisiana State University. Dr. Nazzaro notes, "while I have always felt a connection to animals and thought I would be a veterinarian, I started my studies in fine art." After earning an advanced degree in Fine Art, Dr. Nazzaro realized that her true passion was veterinary care. However, in veterinary school, she blended her artistic talent and expertise with animals by painting portraits of pets.

Prior to practicing in Park City, Dr. Nazzaro worked in a 24-hour/day hospital in Salt Lake City. There she honed her emergency and diagnostic skills. In addition to practicing at Park City Animal Clinic, Dr. Nazzaro takes care of patients at our clinic in Salt Lake City, Millcreek Veterinary Clinic. When she's not taking care of patients, Dr. Nazzaro is taking care of two boys, two Frenchies, and her husband.

Summarizing her experience with the Park City Animal Clinic and Millcreek Veterinary Clinic, Dr. Nazzaro notes, "I am so fortunate to work at a place where we have really great clients who care so much about their pets and have the ability to take care of them. I also feel very lucky that we have always



had a great team of staff to keep things running smoothly!"

At both the Park City Animal Clinic and Millcreek Veterinary Clinic, patients and clients are treated like family. Having a team of doctors, technicians, and staff that work together ensures the highest quality of pet care.

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# Live Like Sam

## Empowering Youth to Thrive

By Ashley Brown • Photos by Deborah DeKoff

Sam Jackenthal's legacy of positivity, courage, and kindness is blossoming in the Park City community and beyond. Sam's athletic accomplishments are inspirational themselves: at just 15-years-old, Sam earned the title of Men's 18-and-under overall U.S. Junior Nationals Freestyle Ski Champion. In addition, for most of his teenage years, he was ranked number one or two in the world for aggressive inline skating. Yet, what's most remarkable is that Sam is renowned for his character.

In 2015, Sam physically left the world after a tragic ski training accident in Australia. In memory of Sam's exuberance and enthusiasm for life, Ron Jackenthal, Sam's father, and Skylar Jackenthal, Sam's younger sister, chose to honor Sam by launching the Live Like Sam Foundation. Skylar described how the Live Like Sam Foundation continues her brother's gift of kindness. "I think the biggest way we keep Sam's memory alive is by teaching the youth about who he was and how he lived and then encouraging them to do the same," she said. "It's really cool that many people refer to Sam as Park City's kid."

"Live Like Sam was born out of living, not loss," Ron explained. "Both Skylar and I are incredibly motivated to inspire others to remember to live like Sam — to live life to the fullest and not take things too seriously. To remember that the only things we have control over in our life are our attitude and our activity."

Sam truly lived in the moment, faced challenges, and inspired his peers along the way. A term coined after Sam's courage, "Just Jackenthal It," is still used to describe a person who courageously goes big and has fun doing it. "Sam was a free spirit. He didn't overthink things. Most people live in their heads most of their life. Sam lived in his body and his heart,"

Ron described. "He tended not to get stuck in his head. He had an idea and would follow that idea into action fearlessly."

The Live Like Sam Foundation is a powerful platform to share Sam's character with the community. An essential aspect of the foundation is approaching situations with positivity and learning to ask, 'How can I live like Sam in my daily life?'

"For me, living like Sam is something I try to do every day," Skylar said. "Courage is a big part of that. Whenever I am scared to take a risk or try something new, I often think, 'What would Sam do?' It's a great reminder that believing in yourself and trying new things can lead to great results. Living like Sam also means being an ambassador of kindness."

Ron illustrated, "Living like Sam in your daily life looks like several things. It means living a life where you are self-aware, courageous, kind, joyful, and a leader. People who live like Sam have a huge zest for life or are passionate, compassionate, and caring."

The Live Like Sam Foundation, launched over two years ago in 2019, began by initially supporting winter athletes and is now dedicated to helping all local youth. "We have moved away from being specifically for athletes," Ron said. "We want to make it crystal clear: living like Sam applies to everybody, and everybody deserves an equal opportunity to participate. We are 100% for our youth, and we are prioritizing the under-resourced youth in Park City, and we will continue to do so with fervor."

The Live Like Sam Foundation encourages individuals to model their lives around the attributes that defined Sam's life: kindness, positivity, gratitude, empathy, determination, inclusiveness, and discipline. Ron explained, "Our ultimate goal is to help our local youth to have the tools

and experiences to develop a deep sense of self, positive and healthy self-identity, purpose, character, and connection to the community, while also learning the value of contributing to community by giving back and experiencing a life of generosity and gratitude."

"In recent months, our survey went out to engage the community's input on identifying where there are critical gaps in youth well-being and to gather input to help steer our programming and funding. We received a very high response rate with extremely detailed input from our survey," Ron explained. "We were incredibly grateful for the huge community interaction, especially with key stakeholders across education, wellness, sport, civic, and religious communities."

"The survey told us that the adults and leaders in PC see a huge need for character development and life skills training in the community," Skylar added. "It just clarified that we are on the right path, and there is a need for our foundation in the community."

With the knowledge that addiction, isolation, depression, and anxiety in youth are on the rise, coupled with key information gained from the survey, the Live Like Sam Foundation has a freshly defined plan of attack. Ron elaborated on how the foundation contributes to the positive mental health of the Park City youth and the foundation's objective: "teaching our youth life skills and character skills through positive psychology, an evidence-based curriculum, interactive and facilitated group training."

**"Our ultimate goal is to help our local youth to have the tools and experiences to develop a deep sense of self, positive and healthy self-identity, purpose, character, and connection to the community, while also learning the value of contributing to community by giving back and experiencing a life of generosity and gratitude."**

- Ron Jackenthal



The Live Like Sam Foundation is launching a two-pronged service delivery model designed to:

First, encourage youth to learn to Live Like Sam by offering an evidence-based curriculum paired with peer-to-peer mentorship to teach resiliency, self-identity, gratitude, self-compassion, and other social-emotional skills.

The Live Like Sam Foundation will partner with Well-being Elevated to launch a life skills training program called THRIVE in January 2022. Well-being Elevated empowers students

and youth to flourish by cultivating well-being and mental strength. The organization delivers an evidence-based curriculum for positive and clinical psychology through an app, web platform, and peer support groups. This curriculum is proven to increase well-being, gratitude, life satisfaction, and physical health and decrease anxiety, stress, and depression through randomized and controlled trials.

The Well-being Elevated course content was developed by world-renowned psychologists, doctors Ed and Carol Diener, and a diverse team of students and innovators. Dr. Ed Diener is one of the founding fathers of positive psychology and is considered by many to be the most prominent well-being scholar of the past century. Dr. Carol Diener is an award-winning educator, researcher, and clinical child psychologist with decades of experience.

THRIVE aims to instruct and foster life skills in youth by supporting positive personal development and responsibility. "One of the reasons why Sam and kids like Sam thrive the way they do is because they have such



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strong self-identity, self-compassion. They have purpose, character, and they have connections, not isolation," Ron explained. "They understand that they are fortunate to have access to a community like Park City and all it has to offer. They experience what it feels like to be of service."

What's the essential component of the four scholarships? Skylar answered, "All of these awards encourage passion, kindness, courage, creativity, leadership, and giving back. All of which are ways Sam lived his life every day."



**"Sam didn't live with the thought of, 'What is the worst that can happen?' He lived more thinking, 'What's the best that can happen?'"**  
- Skylar Jackenthal



"I've always found it curious how as humans, we wait until our 30s and 40s and 50s before we start to invest in our emotional and mental well-being. Live Like Sam has some very powerful intentions on bringing these types of experiences to our youth at an earlier age when they are vulnerable and still developing," Ron said. "If we can empower kids to thrive, they will be better equipped to handle the pressures and temptations of going down the rabbit hole of drugs, alcohol, and other risky, dangerous behavior. ... It's idle time and lack of self-love and self-compassion that allows kids to throw away their days, their lives, and their futures by going down a less productive and healthy direction."

"Next, the Foundation will also reward and recognize youth who live like Sam through four distinct scholarship and award programs," he explained.

The four scholarship/grant categories exemplify Sam's joy for life. The Pursue Your Passion scholarship provides funding for youth to focus on any passion, like sports, arts, and academics. The Community Give Back Service Grant is Skylar's response to the lack of funding for community service projects. "You can join a club and do their service, but you can't lead your own. With this grant, students are encouraged to brainstorm what problems our community has and what solutions they can come up with. This is also great for college applications which require service," she said.

Sam's bucket list inspires the Bucket List scholarship. Skylar clarified, "Sam just wanted to have fun doing things he loved, and we want to see that passion, excitement, and curiosity in other kids." Finally, the peer- or adult-nominated Live Like Sam Character Awards encourage others to identify youth who live like Sam. "This award is a huge accomplishment that trumps any athletic or academic achievement youth can reach," Skylar stated.

The second-annual Live Like Sam Fundraiser event on October 9, 2021, at Utah Olympic Park will reveal details about THRIVE and scholarships. The fundraiser is an opportunity for the community to rally around the principles of kindness, courage, and compassion that shaped Sam's life and steered his foundation. At this year's event, community members will gain a deeper understanding of Live Like Sam's mission and approach.

Skylar explained, "The most informative piece of us presenting the scholarships at the event is going to be the reasoning behind it, what we learned from the in-depth survey, and the needs of the community. It's going to be exciting to tell people about the scholarships, what they are, and what they mean."

Truly living like Sam isn't restricted to youth, scholarship applicants, or foundation donors. It's something obtainable for any person. The impact of Sam's legacy on the community is tangible and illuminated in a first-hand experience. While resting at the Rob's Trail viewpoint on "Sam's Bench," surrounded by memorabilia of his inspirational life, I heard a woman walking past ask her friend, "Have you ever heard of 'Be kind like Sam?' Well, this is his bench and..." As her voice trailed off, Sam's influence on the community was palpable.

Leading with heart, embodying courage, leaning forward into discomfort, practicing kindness, living in compassion, and spreading love are ways of life for all individuals of varying backgrounds. In an era where division is the norm, a Sam-like approach is an antidote. It's not possible to dwell in division when self-love and love for others take the lead.

Skylar illustrated what it looks like to adopt Sam's perspective. "Sam didn't live with the thought of, 'What is the worst that can happen?' He lived more thinking, 'What's the best that can happen?'"

## How to Pest Proof Your Home This Fall

By Annette Standfill

The fall season brings more moderate weather, autumn festivities, and a welcome change of colors in the foliage and landscape. However, with the fall comes the increased likelihood of having unwanted guests staying in your home. Of course, we're talking about pests- rodents and nuisance insects that have decided to spend the winter within the warm confines of your home.

Calling in the professionals from Pest Elimination, Inc to do a routine check of your home in the fall dramatically aids in ensuring that you don't have a winter infestation on your hands.

Pest-proofing can ensure that you and your family are the only ones enjoying the warmth of your home this winter season. Here are a few tips to get you started:

- Store firewood at least 20 feet away from home on a raised platform approximately 5 inches off the ground.
- Keep shrubbery trimmed, especially around the foundation. This reduces sheltered areas where pests may hide or enter the structure.
- Move stored items away from the foundation. Storage containers, covered patio furniture, etc. may collect moisture and provide shelter for pests.
- Screen attic and foundation vents. Cap chimneys, roof vents, and exhaust pipes with appropriate covers. Remember to check your dryer vent. This is a shared entry point into walls for rats and mice. In addition, the heat coming from the vent may encourage pests to enter the home.
- Seal cracks, gaps, and crevices around the exterior perimeter of the home. Do not forget to check the inside of the garage if walls are not finished to ensure that there are no potential entry points. Also, be sure to check plumbing and utility penetrations both inside and outside the home.
- Make sure that basements, attics, and crawlspaces are well ventilated and dry. The use of dehumidifiers in areas prone to moisture can deter pests seeking these conducive conditions.
- Weatherproofing such as replacing weather stripping on doors and windows will keep the cold and pests out of your home.
- Inspect and repair all window screens to ensure that there are no holes or tears.
- Inspect items that have been in storage before bringing them into the home for the holidays. Keeping these items in well-sealed

containers will minimize pest damage.

- Check exterior drainage systems for proper function and install new drainage in areas where water collects.
- Keep pet food adequately stored, especially at night when many pests are active. Food should be stored in airtight containers to minimize rodent and ant activity.
- Kitchen counters should be cleaned/wiped down and all dishes removed from the sink before nighttime to decrease their attractiveness to pests. Spills should be cleaned up immediately.
- Inspect your home both inside and outside for indications that pest activity may be present.

If you encounter signs of pest activity, contact Pest Elimination, Inc. to assist in resolving the infestation.

### A Final Word on Fall Pest Control Services

When Fall comes around, various pests are already preparing for the winter by scoping out viable places to stay for warmth, shelter, and food. Therefore, securing your home against unwanted intrusions of bugs, rodents, and other critters should be one of your primary considerations this season.

Although you could do a lot by checking the exterior of your home for holes, gaps, and other likely entry points, keeping your home clean and free from food remnants also discourages pests from overwintering with you for the holidays.

For your peace of mind, give the professionals a call to have a look at your home before winter comes. Pest Elimination, Inc can come by and inspect your home, as well as your offices and commercial establishments and check for incursions of pests, as well as prevent them from setting up shop in your property this season.

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- Rodent & Bird Proofing



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# A Roof's Worst Enemy: Ice Dams

By Amy Swensen

After a winter storm, you may notice ice forming around the edges of your roof, gutters, and downspouts. Icicles may seem like a pretty sight to look at, like a picture from a winter wonderland. But as a property owner, there is a need to be aware of how ice dams can damage your roof. Here is some basic information on how to de-ice your roof.

To better understand ice dams, here are some of the most common causes of their build-up.

### Poor Attic Insulation

An attic with poor insulation allows heat to escape. The heat is responsible for melting the snow above the roof. When it melts, the water will run along with the usual exit points. However, when there's not enough heat, the water will naturally refreeze, especially during winter forming unwanted ice layers.

### Lack of Roof Ventilation

Roof ventilation is an essential element that releases heat in the right places. However, if your roof has sufficient ventilation, it cannot air out excess heat. Again, the trapped heat will melt the snow. The melted snow could potentially block the drainage system when it refreezes.

### If Icicles Could Talk

Icicles look pretty cool, but not necessarily hanging off the side of your roof and gutters. So when you start seeing them around



your home as beautiful as they are, it's essential to keep a close eye on them. The ice's size, shape, and position can serve as an early-warning detection system for ice dams and other potentially damaging winter hazards.

Tiny icicles generally won't do any damage to your gutters or roof, as they are not heavy. However, they can be harbingers of something worse on the way. The fact that you have any icicles means the snow on your roof is melting and refreezing, which is how dangerous ice dams form.

### Steps On How To De-Ice Your Roof

The best thing to do at this point is to find the safest and most efficient way to clear the snow off your roof so the melting and refreezing moisture does not cause an ice dam. Ice dams form when the snow melts off the warmer portions of your housetop and then refreezes over the coldest part of your roof, the eaves. Ice dams can damage your shingles, puncture your roof, and tear away your gutters.

### Here are Some Short-term Solutions:

The first thing you can do as a homeowner is to inspect your roof visually. When you identify specific areas with ice dams, use a snow rake to remove them. Use it to scrape off snow build-ups in a downward motion. It is better to stand on the ground if possible rather than risk slipping from a ladder. Use caution as not to damage the roof while removing the snow.

We recommend using a mallet to break the ice. However, you risk severe damage to your roof by using shovels, ice picks, hammers, or, heaven forbid, flame torches. Carefully remove the ice from the insides of the gutter and downspouts. Prick the ice dams with caution until they crack and chip away.

Another method is to apply ice melting products. They contain ammonium sulfate, calcium magnesium acetate, etc., that can effectively melt ice. They come in tablet or crystal form. Most local hardware and home improvement stores carry these products. You can also place a fan in your attic area by aiming the fan towards the ice build-up.

### Longer-term Solutions:

Installing ice melting heat cables, ice belt metal panels, or integrated heating/ice melting panels are great options. These solutions last a long time but can be expensive to buy and very difficult to install. These options can also add quite a bit to your utility cost because they are plugged into an electrical source. This solution is mainly for those homes which have not had much success with other methods or if you want a long-term system and aren't worried about ongoing costs.

**If getting up on your roof gives you pause, talk to an ice dam removal expert at S&S Roofing. There's no reason to risk injury to save a few extra dollars, and one of our experts can explain the best options for you and your home.**

# OPERATION 3-WAY

By Jennifer Brassey



If they couldn't stop the bleeding, the operation would fail. Working diligently out of the back of the Jeep in the dark Home Depot parking lot, he couldn't continue without first aid. She ran to get some band-aids and quickly bandaged his wound. The operation involved small parts and tools, but with the sunlight gone and the parking lot lighting inadequate, they were fearful they would have to abort. She realized she had a handy, dandy phone holder and could direct the flashlight on her phone so he could finish the connections.

When the work was finished, she tested both in the backseat with the auxiliary plug. Yay, success! Both worked exactly to plan. Wiping the sweat from their brows, they cleaned up the back of the Jeep and quickly headed toward the drop. After calling the client to confirm they weren't too late, they raced to the meeting. It had to be tonight because he was leaving town tomorrow. They drove a little faster.

The drop spot was dimly lit as well, but they recognized the client and motioned him over. After the handoff, their work was done. All they could do now was wait for the call that the client was satisfied. It wasn't until the next morning, but the

customer responded, "you have really gone above and beyond" and "thank you so much". Operation 3-Way was a success!

Yes, this really did happen – but it wasn't quite as dramatic as the story. Joe and I (owners of Elume) wanted to help a client make sure both his lamps had 3-way sockets. By the time the second lamp arrived from the vendor, it was on the eve of the client leaving town. After inspection, it was apparent that the new lamp was not 3-way.

We went to Home Depot with the lamp, bought two 3-way sockets, and repaired them in the dark in the parking lot (with many people walking by but no one inquiring what the operation was...that seemed odd because we would have been way nosey). We delivered it to the customer so he would have time to test everything before leaving town.

That's how we roll.

It seems lately that society has lost some degree of "caring". Everyone seems so self-absorbed. I guess that's easy to do after coming out of quarantine or "working from home" and learning to take care of oneself. Now, I think it is time that we get back to caring for each other.

This is not an isolated incident of client "care" – just the most recent, as it happened two days ago. Often, we find a customer in a predicament and realize that if there is some small effort we can make to help – well, we will make the effort!

*Elume is open Monday – Friday, 10 – 5, and by appointment. Come in to browse anytime during open hours, but we encourage you to make an appointment for a consultation to make sure a designer is available to give you the undivided attention you deserve!*





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# Athletes with Integrity:

## The Values of Play Well – Play Safe

By Jacquie Symes

Play Well – Play Safe is a local nonprofit that partners with Live Like Sam, a fund out of the Park City Community Foundation and an organization that empowers youth in its own right. Founded in 2012 by five-time Olympic gold medalist Dr. Eric Heiden and his business partner, John Flint, Play Well – Play Safe aims to help young athletes grow their social/emotional fitness and provide education on bullying prevention, overall athlete safety, and character-building to create a community of youth who are inclusive and positive influences. Modeled after the Canadian Sport for Life's Long-Term Athletic Development program, Play Well – Play Safe focuses on the development of everyone, from the recreational athlete to the



world-class athlete and even the non-athlete, to support and inspire "physical literacy for life."

At Play Well – Play Safe, character-building is at the heart of their cause. They believe participation in youth sports is more about integrity, team work, sportsmanship, and a strong, positive mindset than just winning and performance.

For those who embody the characteristics of that mission, scholarship opportunities are made possible through the organization's supporters and resources, including the Live Like Sam fund. The partnership with Live Like Sam reinforces many initiatives that Play Well – Play Safe holds true to their purpose: character-building, health, and wellness through sports, athletics, and connection to their community.

For more information about Play Well – Play Safe and to stay up to date on fundraising and other events, visit their Facebook page at [business.facebook.com/PlayWellPlaySafe](https://business.facebook.com/PlayWellPlaySafe).



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# Cas' Favorites

By Heide Fowler



As dog owners, it can be confusing to know what types of foods are acceptable for your dog to eat and which must be avoided at all costs. As with humans, the nutritional needs of each dog varies according to the individual animal. A number of factors come into play, including breed, size, age, weight, and more. It's important to feed your dog properly to make sure they're afforded the best possible quality of life.

The following are some of our favorite products for your four-legged friend to keep them HAPPY & HEALTHY, and they are Castiel (aka Cas), the Healthy Pets Shop Dog, approved!

### Whole Cod Skins.

"Individually wrapped for freshness, and full of omega's for my coat!"

### Primal Bone Broth.

"I get a little on my dinner every night. Delicious and good for tummy"

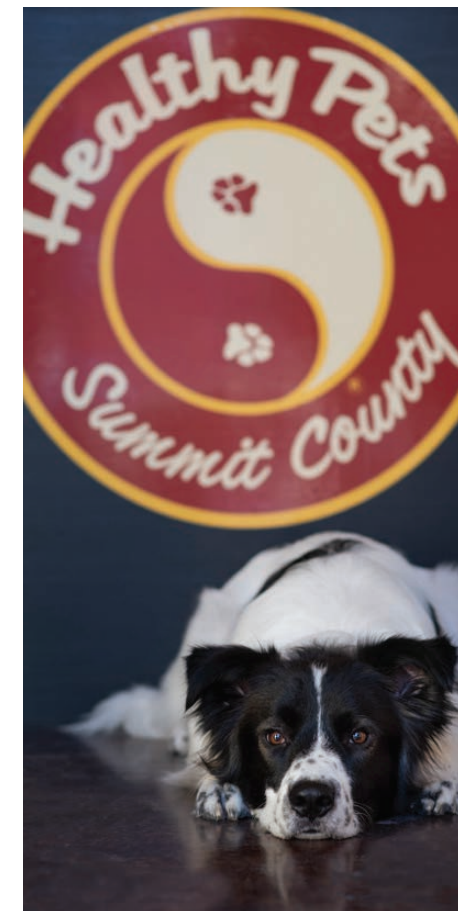
### Chuckit Breathe Right. Balls that are extra safe!

"I like to lie on my back and chew. Mom can easily grab these and I can breathe because of their shape."

**Lastly, fun toys to keep your four-legged family members entertained and mentally stimulated.**

"These are for my brother who turns One this week. We have so many awesome toys here!"

You're committed to finding the best dog products for your pets and we, at Healthy Pets, only carry the healthiest food on the market to keep your furry friend happy and healthy. Come in and see Cas and the rest of the Healthy Pets Summit County crew today!



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# October Dates to Remember!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
World Mental Health Day 10	11	12	13	14	National Boss's Day 15	National Sports Day 16
17	18	19	20	21	22	23
United Nations Day 24	25	26	27	National First Responders Day 28	29	30
Happy Halloween! 31						

**WEDNESDAYS IN OCTOBER**

**Park City Farmers Market**

@Park City Mountain Resort (Silver King Parking Lot)  
1485 Empire Ave, Park City

The Park City Farmer's Market is an essential seasonal outdoor market held at Park City Resort in Park City, Utah (Silver King Parking Lot). The market is held every Wednesday from 11am - 5pm and comes to an end on October 27, 2021. The market offers a large assortment of fresh local goods from Utah Farmers and vendors, and strives to offer only the freshest and organic products.

Time: 11am-5pm • Cost: Free admission

Website: <https://parkcityfarmersmarket.com/>

**SUNDAYS IN SEPTEMBER**

**Park Silly Sunday Market**

@Park City's Historic Main Street

Every market will showcase what you love about the Park Silly Sunday Market, including:

- Eco-friendly, open-air markets
- Street festival environment
- Vendors featuring unique and eclectic arts and crafts
- Live music
- Delicious gourmet food
- Fresh produce from local farmers
- Our amazing beer garden and famous bloody mary bar

Time: 10am-5pm • Cost: Free

Website: [parksillysundaymarket.com/](http://parksillysundaymarket.com/)

**WED., OCT 13**

**American Red Cross Blood Drive**

@Healthy Pets Summit County 8178 Gorgoza Pines Road Ste E, Park City

Our pets are there for us by loving us unconditionally and serving as our loyal companions. Be a good human and show some love to your community by giving blood. All blood types are needed and it's true that every single donation makes a difference. Fun facts about giving blood: 1 donation can save 3 lives. One-third of us will need blood in our lifetime. It only takes 36 hours to replenish the blood you give when you donate. • Time: 12pm-6pm • Cost: Free  
Website: [www.healthypetsummitcounty.com](http://www.healthypetsummitcounty.com)

**SAT., OCT 16**

**Park City Museum Free Day**

@Park City Museum 528 Main Street Park City

Thanks to a grant from the Utah Division of Arts and Museums, admission is FREE on select days for you and your family to enjoy our world class museum. Join us Free on the third Saturday of every month through the end of the year!

Time: 10am-5pm, closed Tuesday and Wednesday  
Cost: Free • Website: [www.parkcityhistory.org](http://www.parkcityhistory.org)

**TUES., OCT 26**

**Red Cross Blood Drive**

@Park City Library 1255 Park Ave

Local hospitals are using blood quicker than the Red Cross can collect it, so every donation is vital to patients in need. The Red Cross cannot do this without you!

Time: 11am to 4pm. • Cost: Free

Website: [RedCrossBlood.org](http://RedCrossBlood.org) to schedule an appointment

**SAT., OCT 30**

**Healthy Pets & Friends Trunk-or-Treat!**

@Healthy Pets Summit County 8178 Gorgoza Pines Road Ste E, Park City

Come see some of your favorite local businesses sharing the Halloween Cheer with a trunk-or-treat! There is sure to be some irresistibly adorable costumed furry family friends to greet families of costumed cuties!

Time: 12 noon - 4pm • Cost: Free

Website: [www.healthypetsummitcounty.com](http://www.healthypetsummitcounty.com)

**DAILY IN NOVEMBER**

**CCPC Food Drive**

@Park City Library 1255 Park Ave

Park City Library is encouraging all library patrons to participate in civic engagement by contributing to a food drive benefiting the Christian Center of Park City's Food Pantry. From November 1 through November 30, donate nonperishable foods when you visit the Library. The Christian Center manages the largest food pantry in Summit and Wasatch counties. The most needed items at this time are: corn masa mix, rice, canned black beans, canned refried beans, canned chile, canned hominy, and any spices.

Time: Mon-Sat 10am-9pm, Sun 1pm-5pm  
Cost: Free • Website: [www.ccofpc.org/](http://www.ccofpc.org/)

**FRI., NOV 5**

**Live PC Give PC**

Online Virtual Event

Join the Park City community for Live PC Give PC, our local day of celebration! This 24-hour day of online community giving is a perfect way to recognize and support the incredible nonprofits who help shape Park City into the amazing town it is. Give to the organizations you love on [livepcgivepc.org](http://livepcgivepc.org). Organized by Park City Community Foundation. Give together for a great Park City! • Time: 12am-11:59pm  
Cost: Support your local nonprofits event  
Website: [livepcgivepc.org](http://livepcgivepc.org)



# Homes Sold in Jeremy Ranch - April 2021 through July 2021

LIST PRICE	ADDRESS	SQ.FT.	BEDS	BATHS	LIST PRICE	ADDRESS	SQ.FT.	BEDS	BATHS
\$1,230,000	8815 Gorgoza Drive	5,442	5	6	\$825,000	8839 N Gorgoza Drive	2,072	4	3
\$1,200,000	8847 Northcove Drive	3,528	5	4	\$1,500,000	4178 Sunrise Drive	3,032	5	4
\$1,750,000	4204 W Moose Hollow Road	4,832	5	5	\$1,975,000	8978 Northcove Drive	3,688	3	3
\$1,396,000	9005 Daybreaker Drive	4,664	4	5	\$1,750,000	9187 Upper Lando Lane	4,250	5	4
\$1,250,000	8780 Saddleback Road	3,650	6	4	\$1,100,000	8563 Southridge Drive	2,240	4	3
\$1,495,000	8781 Daybreaker Drive	3,701	7	5	\$2,500,000	2958 W Daybreaker Drive	5,597	4	6
\$1,375,000	8974 Sackett Drive	4,306	5	5	\$1,050,000	4019 Sunrise Drive	2,573	3	3
\$1,050,000	2775 Sackett Drive	3,455	4	3	\$1,850,000	3140 Homestead Road	4,917	6	6
\$1,590,000	3217 Creek Road	5,688	7	6	\$1,800,000	4384 W Jeremy Woods Drive	4,385	4	4
\$950,000	3564 Saddleback Road	5,000	4	5	\$1,925,000	8968 Daybreaker Dr Drive	4,868	5	5
\$1,399,000	8911 Sackett Drive	5,602	6	5	\$2,675,000	4128 Moose Hollow Road	6,285	4	6
\$1,650,000	8943 Daybreaker Drive	4,905	5	5	\$1,425,000	3605 Saddleback Road	4,880	4	3
\$1,575,000	2516 Daybreaker Drive	4,308	5	5	\$1,800,000	9270 N Sand Trap Court	4,511	5	4
\$1,199,000	8689 N Saddle Back Circle	3,926	5	4	\$4,200,000	8877 Parleys Lane	5,133	4	4
\$1,195,000	9071 N Jeremy Road	3,891	6	3	\$2,350,000	9010 N Saddleback Road	4,548	5	5
\$1,785,000	3154 Homestead Road	6,034	4	4	\$1,250,000	8693 N Gorgoza Drive	2,918	3	3

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# The Foster Fail: Keller's Story

By Sierra Marty

Photos by Lexie Clayburn - Take A Hike Photography

Keller is a warrior who has beaten all odds since day one. PJ Saylor, one of the owners and operators of Fetch, described Keller as a "foster fail." Originally, Keller, a three-and-a-half-year-old poodle, was sent to PJ to be fostered. "As it came time for him to be adopted though, we decided we just couldn't let him go," she said.

Keller's entrance into life can be described as anything but ordinary. Keller was born both blind and deaf. Before he came to PJ, he had been adopted by a family who kept him caged all the time upon finding out that he was blind and deaf. They did not know how to care for a dog with these disabilities appropriately and needed more specialized care. The breeder who had sold Keller to the family found out about his horrid living conditions and took him back with plans to resell him. However, Morgan, an employee at Fetch, found him in a newspaper listing and brought him to PJ to be fostered, who fell in love with all aspects of his personality.

Keller's disabilities are caused by the double merle gene. If two dogs both carrying the merle gene mate, then their puppies can have extreme neurological issues. Double merle is also commonly



known as "lethal white" and can be spotted in dogs who have bright-colored eyes or different-colored eyes, widely seen in Australian shepherds.

PJ described that breeders know that people will pay big money for a dog that



has these features, but this should not be a gene that is celebrated. It causes severe issues like those that Keller suffers from.

Despite Keller's hardships in life, PJ says, "he's still a very smart boy." Keller has learned to adapt and can communicate with PJ via sign language. For example, when you rub under his chin, he knows that is the signal for "sit." Likewise, when he feels your fist in front of his nose, depending on which way it's turned, he knows that means to either sit up or lay down.

PJ has hopes that Keller will one day be able to take on the role of a service dog. He gets along well with other dogs and has been a great emotional support animal for PJ herself. Training animals to be service and emotional support animals is a service that Fetch Cares and its training partners specialize in and hopes to expand in the future.

One of PJ's favorite memories of Keller was when he won an award at a dog show at Jeremy Ranch. They had painted stripes on his fur so that he would look like a zebra. "He has the perfect body to be painted like a zebra," PJ said. "It was very cute!"

Anyone interested in learning more about Fetch and the services they offer can visit their website at [fetchparkcity.com/about](http://fetchparkcity.com/about). For more information about Fetch Cares nonprofit and to find out how to get involved, visit [fetchcares.org](http://fetchcares.org).



## Light Your Home or Business Throughout the Year

By Chris Boyd

Does this sound familiar?

You know the holidays are coming, but it seems a little early to start hanging lights. Besides, you still have Halloween to think about and plenty of time to get to it, right?

In a blink, you are standing on a ladder, installing lights in freezing-cold weather and slippery conditions, only to be back a month later removing them -- while most likely buried in snow and ice.

There has to be a better way!

Those same conditions led to the creation of Trimlight -- an innovative, patented lighting system that allows customers to have permanent, exterior lighting professionally installed on their home and business. As a result, Trimlight eliminates the hassle and worry of hanging Christmas or holiday lights ever again!

Trimlight has provided bright, beautiful lighting on homes and businesses since 2011, giving users millions of color-changing options and patterns to celebrate any holiday or event. In addition, our apps work easily with any smart device-providing provides user-friendly functionality giving customers the ability to easily program lighting colors and patterns that are entirely customizable to meet any need for any time of year.

[facebook.com/hebercityCAMS](https://facebook.com/hebercityCAMS)

Trimlight provides bright, beautiful holiday and year-round



lighting at night. They are designed to be unnoticeable during the day to be left up all year, every year. With virtually unlimited color and animation options, our programmable system gives customers the control and versatility to set their lights for every major holiday, sporting event, or any special occasion throughout the year.

Trimlight bulbs use exclusively LED lighting technology designed to last far longer than conventional, incandescent bulbs and use only a fraction of the power. With our Trimlight Pro system, you can change the color of your lights with the click of a button! The color options are amazing! Trimlight takes the hassle out of installing and maintaining exterior lighting.

### Benefits of Trimlight

- Programmability
- Hardly Noticeable During the Day
- Safety and Security
- Durable & Energy Efficient
- Weatherproof
- Best In Class Customer Service
- Best in Class Warranty
- Professional Installation



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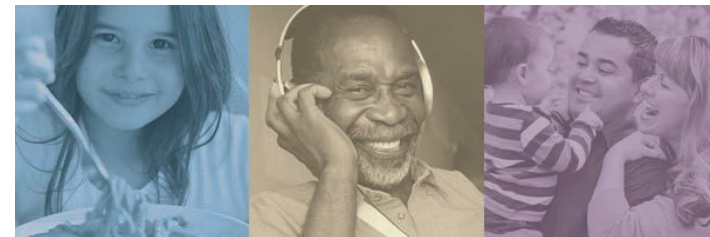
# Jewish Family Service of Utah: A Rich History of Changing Lives

By Betsy Lucas

Jewish Family Service (JFS) just might be our community's best-kept secret. Founded in 1872, JFS is a community-based organization whose mission is to strengthen individuals, families, and the community. The organization is rooted in a rich history of Jewish values. However, the majority of its clients are not Jewish. JFS helps individuals of all nationalities, ethnicities, religions, disabilities, genders, or orientations in the two most important aspects of their lives: family and work. Through a unique combination of mental health and workforce development services, they help people and families become stronger.

The local extension of JFS Utah serves greater Summit and Wasatch County individuals, offering various programs and services, including individual and group counseling, depression and suicide prevention, promotion of elderly independence, and case management. Its services are available on a sliding fee scale based on household income. "Meaning we assist all people regardless of ability to pay," Executive Director, Ellen Silver said. "We use a person-centered approach to tailor our services to meet the complex needs of the individuals and families who come through our doors. At JFS, our goal has always been to provide the necessary support and skills to empower a person and families to create a vibrant, connected, and sustainable community."

Whether offering affordable mental health counseling to individuals and families, resources and comfort to older adults and their caregivers, or a safety net for those in financial distress via emergency assistance and food pantry, JFS's highly qualified professional staff strives to provide the best programs and services



for all. "We strengthen individuals and families of all backgrounds through counseling, advocacy, care management, and community education," Ellen said.

JFS offers personalized services that take into account all the issues someone might be facing. Throughout the COVID-19 pandemic, we have seen an unprecedented demand for our services, and we are responding quickly to these urgent and changing needs. JFS has been working tirelessly to prevent homelessness, feed the hungry, and provide therapeutic support to those who are struggling to deal with life's growing challenges. "We didn't think twice about it," Ellen said. "We were front and center with our relief efforts. I couldn't imagine not doing something to help our community during the pandemic or during any other time. No matter how small, we all can do something to help."

To help the entire community, JFS recently received a generous \$40,000 grant from the Park City Community Foundation Women's Giving Fund. The grant will help create a support group and safety net services for people in caregiver roles, including those caring for older adults and people with a disability or dementia. The funds will enable the agency to provide material and emotional support to members of the greater Park City community. "So many times, the needs of the aging population falls through the cracks," Board of Directors President, Darcy Amiel said. "It is critically important to us to see that that doesn't happen. Our work promotes connection and social engagement, improves the ability to manage challenges posed by chronic illness, and increases awareness of and access to resources that support aging in the community and those who are caring for them."

These programs promote physical and mental health, community engagement, access to resources, and neighbor-to-neighbor support among older adults. The number of people living with Alzheimer's disease and related disorders is growing rapidly. JFS

both supports individuals and families who are directly affected by dementia and collaborates with other organizations to reduce stigma and promote dementia-friendly communities. The hope is that the caretaker-support programs can enable family members to find what they need at different stages of the disease.

Health problems, loneliness, or loss can make each day a struggle as one ages. Understanding and communicating can be difficult, but JFS can help both senior adults and their families to find options to address their needs. "Being a caregiver can be stressful. Join a group where you will be understood, learn skills to help you in your role, and address self-care," Darcy said. "Our no-cost caretaker group is designed to provide educational, emotional, and social support to individuals caring for someone with Alzheimer's disease or other dementia." Caretaker and other support groups are now offered virtually.

If you have other ideas about ways to help or would like more information about these opportunities, please reach out to Nicole Levy, Director of Development, at [nicole@jfsutah.org](mailto:nicole@jfsutah.org).

### Rosine's Story

Late on a Friday afternoon in June, a social worker from the Department of Workforce Services reached out to JFS with a request.

One of her clients, Rosine, was in a crisis situation. Rosine, pregnant with her second child, had recently escaped domestic violence with her 7-year-old daughter.

To make matters worse, she was having complications with her pregnancy and was in the hospital, so she couldn't work. She had come to the Workforce Services office with a note from her

landlord saying she had until Saturday to pay her rent or vacate her apartment. Rosine was terrified; she was 24 hours away from ending up on the street with her daughter.

Rosine's Workforce Services social worker had a good working relationship with JFS and had been referring families to them for years. So when she told them about Rosine's situation, they knew they needed to act quickly.

Under normal circumstances, JFS requires a referral form and documentation to provide emergency assistance, but this request needed to be fulfilled immediately. The last thing anyone wanted was for this pregnant woman and her daughter to be homeless. She was in a safe place; they wanted to keep her there.

A staff person from the Department of Workforce Services agreed to pick up a check and deliver it to her landlord that evening. As a result, JFS successfully prevented Rosine and her daughter from being evicted from their home.

That Friday was a long day. The JFS Safe Net Coordinator and bookkeeper stayed well into the evening getting this done.

This case highlights the importance of Jewish Family Service, how responsive they are, what wonderful partners they have in the community, and the necessity of collaboration in meeting the pressing needs they face daily.



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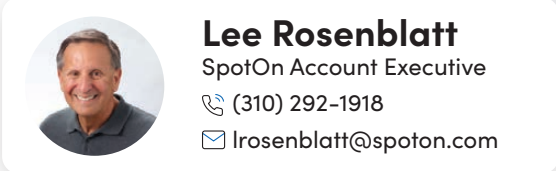


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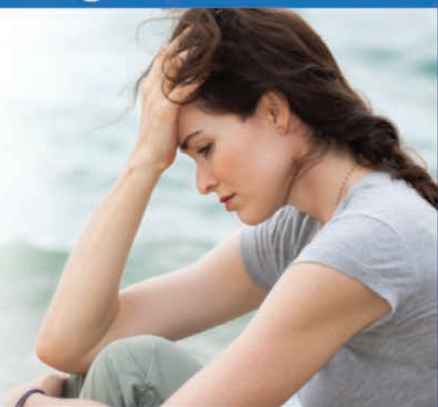
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# Fitness Leaders Park City

By Ashley Brown

Park City is laden with fitness opportunities. These women are enriching the community with their approaches to movement.

## Melanie Webb's "Adventures in Mother Nature's Gym"

Melanie Webb has over 20 years of expertise leading people to healthier lives through fitness. In 2019 she published, "Adventures in Mother Nature's Gym: The Ultimate Guide to Planning and Leading Your Own Outdoor Fitness Retreats." Through the publication of her book, Melanie aims to provide physical trainers with tools to bring clients outside.

After obtaining a bachelor of science from BYU, Melanie launched into a wildlife biology career in southern Utah. She relished exploring remote desert regions until she moved to Washington D.C. to work as an environmental consultant on a one-year contract.

In Washington D.C., Melanie dove into full-time fitness instruction, utilizing her expertise as an American Council on Exercise (ACE) Certified Personal Trainer. Unfortunately, she began noticing dissonance in her client's gym training regimen.

"I was in D.C for seven years, my clients were dreaming about what

we [Utah residents] live and breathe every day... They were bored and sick and tired of the gym," she explains, "My clients there [in D.C.] started hiring me to bring them to Utah and take them on their bucket list adventures."

Inspired by her trips with clients to Utah, Melanie began weaving together her skills as a personal trainer and her love of nature immersion, "I had the tool kit to guide them. I would train them for months and get them ready for these big trips."

Visits to Utah did not satiate her need for wilderness. A vision of Zion National Park called Melanie to move from D.C. to the west, where she founded a customized outdoor fitness retreat company, Sol Fitness Adventures.

Through Sol Fitness Adventures, Melanie noticed amazing transformations when people moved outdoors; "I would see the change in my clients... It was like ten years would come off of them," she explains.

Her Sol Fitness Adventures groundwork is the foundation of her book, "Mother Nature's Gym." In the book, she pulls science and research that back her methods of bringing fitness outside. The book is a manual for fitness instructors looking to expand their practice.

Melanie elaborates her mission, "To give trainers who are already fitness leaders, who their clients already trust with their health and their bodies, give them this extra tool kit. They are going to be able to make massive transformations in the health and wellness of American's and abroad."

Melanie's current company WebbWell is a tool to share her fitness method and ideology. "We need a different solution, and here is mine... I've boiled down my methods to mind, body, and nature. There are components of each one of those that we have to master to go through my work and my program with clients," she explains.

Website: [webbwell.com](http://webbwell.com) • Instagram: @webbwellco



## PC Yoga Collective a Place that Holds Space



PC Yoga Collective (PCYC), located in Kimball Junction, opened its doors in March of 2021. In a matter of months, the studio built a home in the community and is thriving. Owner plus co-founder of PCYC and founder of Tall Mountain Wellness, Jenn Armstrong-Solomon, is on a mission to empower through yoga-based movement.

Jenn is no stranger to the overwhelming pace of our society. She managed restaurants for 20 years before diving into her calling to facilitate spaces for healing.

Jenn aims to share the freedom she encounters through yoga with each of her students and draws on a wealth of education and experience.

Jenn's non-profit, Tall Mountain Wellness, collaborates with community-based organizations to enrich people in all walks of life.

"Tall mountain wellness is my entire soul and spirit... Every class I teach is influenced by my work in the trauma field. I'm very lucky to partner with incredible non-profits like the Summit County Recovery Foundation, Peace House, Solomon Children's Justice Center, National Ability Center, and the Huntsman behavioral health unit to bring Trauma-Informed Yoga and Trauma Yoga Therapy to individuals and groups that may not otherwise have access," she says.

PCYC enriches Jenn's experiences guiding trauma-aware yoga. She explains, "I'm so lucky to have PC Yoga Collective to help facilitate my work with the non-profit."



The PCYC mission is to empower instructors and empower students. Paying teachers fair wages and offering reasonably priced classes to the community is how PCYC invests in practitioners.

Jenn elaborates, "We set out to show that it is possible to have a successful model that is priced in a way that appeals to everyone AND pay teachers their value... We also model that our teachers teach in a way that's authentic to them, not to the studio. Depending on the class, you'll have a completely different yoga experience. That's our goal. Consistently unique and consistently excellent."

The Park City Yoga Collective is a community hub that fosters diversity and fulfillment.

Jenn sums it up, "Hold space. That's what we do. That's all we do... I'm a space holder. My clients do all the work. I just hold the space for that. We teach yoga in a way that facilitates individuality, encourages choice making, total autonomy, and authority over your own practice and your own body. That's empowerment. That's holding space."

Website: [www.pcyogacollective.com](http://www.pcyogacollective.com)

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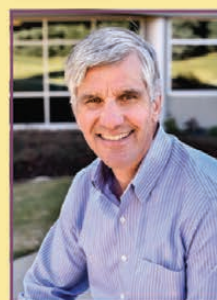
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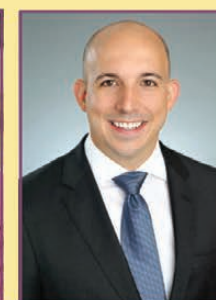
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## Rise to Personal Empowerment at RISE Boxing

Maryguenn Vellinga-Hinz opened RISE Boxing in May 2018. Her vision is to create a community that elevates, challenges and encourages members to rise to greatness in any life scenario.

The first time Maryguenn tried boxing, she was instantly hooked. RISE is an outlet to share her zeal for boxing and foster healthier lives. "I believe fitness should be fun... The narrative that you are only working out to stay fit makes it a lot harder to keep it going. Boxing is a blast, and I really want to share it with people," she says.

Maryguenn interweaves her wisdom from boxing professionally, training, and coaching to overcome hurdles in her own life. Her intention is to share those skills with the community. "I can draw from my experience in boxing and relate it to life all the time," she says, "You can't hide from yourself in boxing. You are forced to confront everything."

The classes offered at RISE challenge participants to grow, and Body+Box, Box+Build, and Breathe+Box are all open to first-time boxers. The precision movements, high-intensity training, and calorie-burning benefits attract newcomers, yet it is the combination of physical demand and mental perseverance that gets people hooked.

Maryguenn explains how boxing aids people in self-discovery. "[In boxing] we are not in our comfort zone, then we add in doing something



hard. When we are pushed to a limit in anything, that is a place where we discover things about ourselves," she says, "We grow the most when we get into uncomfortable situations and we move through them."

Boxing is the practice of persistence and perseverance. Maryguenn draws parallels between the grit required for boxing and life. "There are times in life when you have a struggle or challenge, and maybe you don't move through it gracefully, but you get to move through it. Sometimes it is just about coming out the other side."

RISE Boxing aims to honor each student by acknowledging their commitment to show up for a class. "When you come here for an hour, it is a sacrifice of time... I want that hour to be an hour that empowers you," Maryguenn says, "I want you to leave feeling that you left better than you came."

Maryguenn elaborates on the RISE mission and motto, "Our goal is to help people rise to their greatness in any capacity." The practice, the community, and the coaching are the RISE recipe for personal empowerment.

Website: [www.riseboxing.com](http://www.riseboxing.com)  
Instagram: @rise\_boxing  
Facebook: RISE Boxing

## Get Outside and Breathe with Park City Yoga Adventures

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# Pieces of Me Fundraiser

Photo Editorial by Dana Klein

This past May, photographer Dana Klein held a fundraiser for CONNECT Summit County to recognize mental health awareness.

CONNECT brings together Summit County residents who are concerned about the mental health challenges facing our community. We are family members, loved ones, and friends of people struggling with mental illness. We are mental health service providers in Summit County. We are people who recognize the serious mental health challenges facing our community. All of us want to see improved mental health services with greater accessibility in Summit County.

"This is such an important topic, now more than ever, especially after a year of pandemic life." - Dana

For more information about Dana's art and her event, visit [danakleincreative.com/connect](http://danakleincreative.com/connect). To learn about CONNECT and to get involved, [connectsummitcounty.org](http://connectsummitcounty.org).



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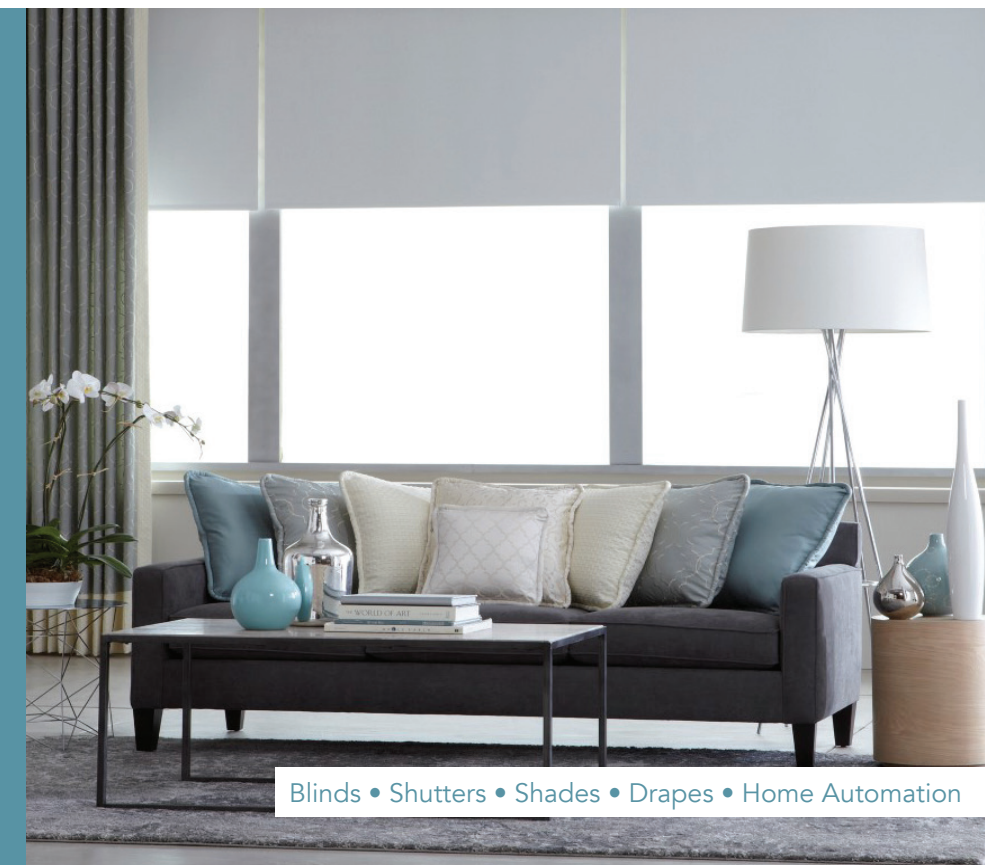
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# Image Reborn Foundation Honors Amy Baker

By Betsy Lucas

Twenty-three years ago, Dr. Renato Saltz founded Image Reborn Foundation, whose mission is to provide no-cost healing retreats to women diagnosed with breast cancer and to assist them in living rich and fulfilling lives. The renewal retreats offer small group discussions, education, exercise, journaling, massages, among other activities specific to each groups' needs, and an opportunity to visit with healthcare professionals in a small group setting to discuss treatment, including conventional and integrative approaches.

Image Reborn offers specialty retreats that include stage IV, Hispanic, young, and adventure-seeking women. Retreat attendees have the opportunity to discuss the latest issues surrounding their breast cancer, gather information, and experience and enjoy the company of new-found sisters in healing environments. Special care is taken in choosing luxury accommodations to host the retreats, most often here in our beautiful mountain town.

This type of social support and self-care can be fundamental to emotional healing. Image Reborn retreats offer individuals affected

by cancer time to reflect and explore their diagnosis's physical, emotional, and spiritual challenges. Image Reborn's board, staff, and volunteers put together programs specific to the unique needs of each group (consisting of six to eight women with breast cancer).

Amy Baker was first diagnosed with breast cancer in 2005, right after she and her husband moved their family to Park City. Following intensive chemotherapy and a double mastectomy at Huntsman Cancer Institute, Amy and her husband, Barry, met Dr. Saltz during a reconstruction consultation. "I had been through hell and had serious concerns about going through another surgery," Amy said. "Renato walked us out to the parking lot. He could see that I was worried, and he said, 'Let me do the worrying for you!' He made me feel like a million dollars. After that, the weight was off my shoulders."

Amy and her husband wanted to find a way to help others going through breast cancer survival who might not have the means or support necessary for healing. "When we learned about Image Reborn and their no-cost healing retreats for breast cancer survivors, we knew we had to get involved," Amy said. "I wanted to find a way to help others get the healing and support necessary, especially those who don't have the means to have the experience and support if it weren't for the foundation. We support the foundation financially and through their fundraisers. I encourage others in the Park City community, with the means to do so, to offer their support to Image Reborn and their fantastic work. They are a selfless organization and do great work."



Amy lost her battle with breast cancer in November 2020, but her legacy lives on.

*"Amy was not only a member of the Image Reborn Advisory Board but was also honored during the Image Reborn Foundation Annual Gala in 2018.*

*Her name is now inscribed on a large plate that is now part of every single retreat (in-person and virtual)! All breast cancer survivors that have attended our retreats since 2018 have learned about her and her amazing life of support for breast cancer all over the country. She was our first honoree and has inspired my board and me with a tradition we now have every year.*

*Just this past year, during the pandemic, Image Reborn held over 30 virtual retreats and has helped hundreds of breast cancer survivors despite Covid. In our 23 years of existence, Image Reborn has welcomed over 4000 breast cancer survivors to our three-day, no-cost retreats.*

*"Amy was an amazing woman and has been a true inspiration in my life, as a dear friend and, after that, patient! God bless her!"*

- Dr. Renato Saltz, Image Reborn Founder

For an opportunity to get involved, visit the Image Reborn website at [magerebornfoundation.org/join-our-tribe](http://magerebornfoundation.org/join-our-tribe).

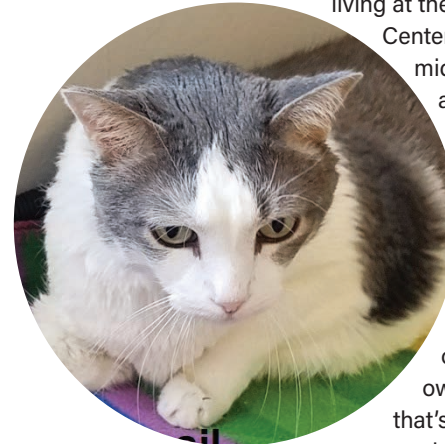


# Pick me! Pick Me!

By Stella Tavilla

Paws for Life Utah (PFLU) is an animal rescue organization based in Heber City. We focus on rescuing at-risk cats and dogs from shelters and finding them homes. Most shelters and rescues in Utah have been overrun with kitties for the last 18 months. When I stopped by the PFLU Adoption Center to take a few pictures, the kitties in the "shy kitty room" bombarded me and seemed to be saying "pick me, pick me." So I'm going to introduce you to as many as I can fit in the below space, and hope you will go meet them soon! Every one of these kitties made a point of trying to get some attention and pets from me when I visited, and all of them seem to get along with the other kitties.

**1.** You met Basil, our extra-large sweetheart, last month. He is our feature kitty this month. His owner of 8 years passed away, it was the only home he'd ever know as she had adopted him as an 3 month old kitten. He's been living at the



Center since mid-June, and seems a little sad. He's used to having a person of his own. Maybe that's you? If you are looking for an older kitty as a companion, please consider 8 year old Basil!

**2.** Meet Bandit...the only thing he will steal is your heart! Two year old Bandit came to us shy and scared, but has emerged from his shell to become the cuddly lap kitty of anyone's dreams. That's all he wants-- his very own lap to curl up on, where he can get pets and give love. Maybe your lap is that lap?



**3.** Dusty orange and white, 3 1/2 year old Gizmo is your classic "orange tabby." He is a big boy, and a love. When he wants attention, he'll jump up on the desk, or your lap, or anywhere that he can and start rubbing his head against you until you pet him. When he's gotten his fill, he'll go take a cat nap. Are you looking for a kitty to be an active member of your family? If so, take a few minutes to meet



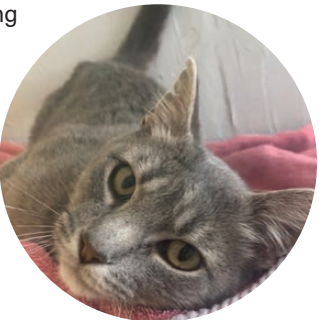
Gizmo.

**4.** 14-month old Nurse Betty is an affectionate long-haired girl who stood on her hind legs to make sure she got her share of pets when I visited.



Quiet and watchful, it took her about a minute to decide I was ok, then she joined the scrum of kitties looking for a little TLC from me.

**5.** Most orange tabbies are males. If you've been looking for an orange and white female tabby, check out 3 year old Tiger. This small girl has beautiful markings and a calm, peaceful demeanor. Shy at first, she is affectionate and loving once she's comfortable with you.



**6.** 4 month old Pirate is a sweetheart! She does well with dogs, as well as people and cats. She enjoys soaking up attention and participating in a good play session. She would make an easy addition to almost any home

Kittens, Kittens, Kittens. We have lots of friendly, playful, kittens looking for homes. Boys and girls, active and quiet, black, white, gray, calico, tabby, if you are looking for a kitten, we should have one for you!

PFLU adoptable kitties of all ages are spayed/neutered, microchipped and current on their FVRCP vaccine. Come and meet these kitties and many more at the Adoption Center at 89 N 100 E in Heber City. Check out our hours and see all of our adoptable pets at [pflu.org/adoption](http://pflu.org/adoption)

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**Sprinkler Winterization**

Give us a call to blow out your system.

Expires 9/30/21.

**Fall Clean-Up**

Get your yard ready for winter. Give us a call and let us help you out.

Expires 9/30/21.

435-565-0611 • [pinnacle\\_landscapemaintenance@msn.com](mailto:pinnacle_landscapemaintenance@msn.com)



# EXPLORE YOUR HISTORIC PARK CITY

Historic Park City's Main Street is the heart and soul of our mountain town and the epicenter of all that is fun. Home to unique restaurants, shops, galleries and businesses, we invite you for a taste of Historic Park City and encourage you to explore all we have to offer. Visit [historicparkcityutah.com](http://historicparkcityutah.com) for a comprehensive list of Main Street merchants and experiences.

*Experiences | Galleries | Boutiques & Specialty Shops | Bars & Restaurants*

## MAIN STREET THIS MONTH

**CHALK OF THE TOWN** – A new chalk art creation unveiled on Main Street Saturdays, May 29–June 12.

**CAR-FREE SUNDAYS** – Sundays on Main Street are car-free this summer, June 6–September 26.

**FREE PARKING DAILY** in China Bridge until 5:00 p.m and your 1st hour is free after 5:00 p.m.

*\*Paid parking in effect during select special events.*