

INSIDE *Singletree*

APRIL 2017

A SOCIAL PUBLICATION FOR THE RESIDENTS OF SINGLETREE

Rob And Ava Spangler

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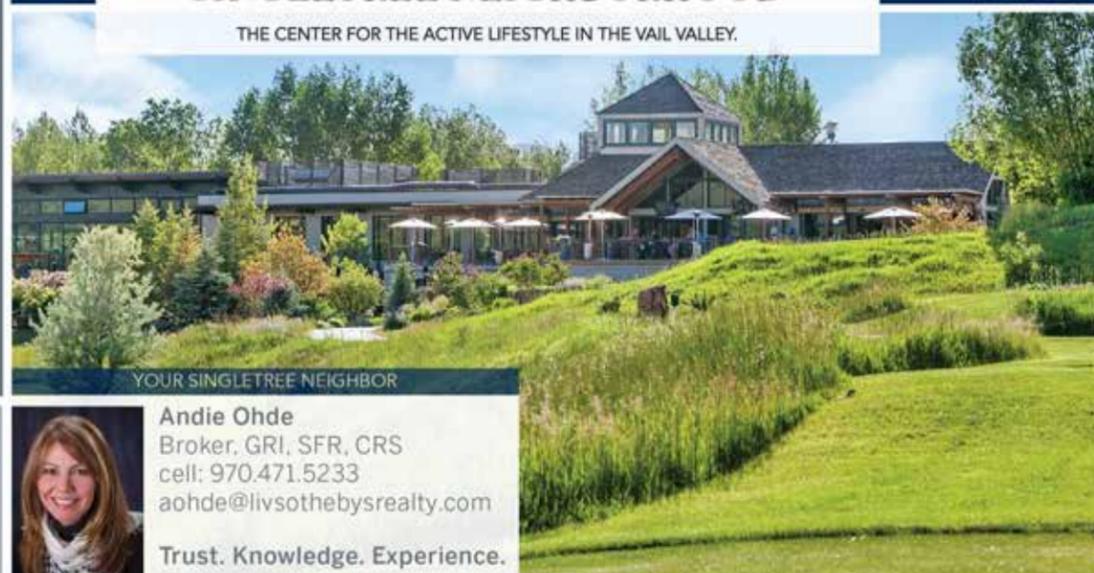
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publisher's note

**HELLO
SINGLETREE RESIDENTS!**

Welcome to April! And an issue of *Inside Singletree* packed full of amazing people in your neighborhood...

It is hard to know where to begin but we start with Rob Spangler, with his remarkable ties to American history and his athletic and accomplished daughter, Ava. We met Hannah Serbinski and Frappuccino... who knew how sweet rats can be? Debbie Merritt shares her emotional journey that led her family to establish the **B the Difference** foundation, Laina Eskin reveals the path to freedom and vitality, and Ainsley Proffit shares her thirst for ski racing and world travel. I hope you enjoy reading these stories and more in this issue.

Ryan Dunn lets us in on a glimpse of Hollywood in anticipation of the not-to-be-missed Vail Film Festival! And speaking of events,

please mark your calendar for a Restaurant Review at **The French 75** and a Singletree evening at **Pure Barre** this month.

Please join me in welcoming our newest sponsors to your neighborhood publication. **Sun & Ski** is the most recent addition to sporting goods stores in the Vail Valley, offering a wide selection of clothing, footwear and gear for any activity. In addition to paints and stains, **Wall + Floors / The Paint Bucket** offers a large collection of carpet, wood, tile, stone, vinyl and cabinetry hardware. And the season is here: **Alpenrose Landscapes** offers a wide range of landscaping related services for your lawns and gardens.

Every month I am amazed at how fortunate I am to meet more incredible people in Singletree. This month is no exception. Thank you for your support and enjoy this issue of *Inside Singletree*!



Holly Proctor
Publisher and Area Director
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YOU ARE *Invited*



Restaurant Review: The French 75

Sunday, April 9, 2017
275 Main Street, Edwards CO
5:00 p.m. - 7:00 p.m.

The French 75 is a French-themed wine bar featuring 30 wines by the glass from all over the world, craft cocktails, a unique beer selection and contemporary French cuisine.

Join your friends and neighbors for an evening of tasting small bites and select wines. The French 75 team of sommeliers is looking forward to pouring glasses of red, white, rosé, bubbly and, of course, our signature cocktail, The French 75, for the residents of Singletree!

RSVP no later than Friday, April 7, 2017, to **insidesingletreersvp.com** or **303-859-3369**. The French 75 will provide appetizers and a complimentary glass of wine and guests will be responsible for the cost of additional beverages and gratuity. Space is limited and available on a first come, first serve basis.

Singletree Tuck, Sip 'N Shop At Pure Barre

Thursday, April 13, 2017
216 Main Street, Edwards
5:30 p.m.

Want to learn what a "tuck" is or what it means to "LTB"? Whether this is your first experience or you are a regular, get ready to rock a Pure Barre class with your Singletree friends and neighbors! This amazing hour-long workout will be followed with an opportunity to enjoy wine, hors d'oeuvres and retail deals at the Pure Barre studio.

RSVP no later than Tuesday, April 11, 2017, to **insidesingletreersvp.com** or **303-859-3369**. Space is limited and available on a first come, first serve basis. Please plan to arrive 15-20 minutes prior to the start of class. Wear regular workout apparel (capri pants or longer and keep midriff covered) and bring a pair of socks.

April Contributors

Inside Singletree would not be possible without your participation! We welcome any and all involvement; no contribution is too small. Please email **holly.proctor@n2pub.com** with your pictures, stories and ideas, to find out about our community events, or to join the *Inside Singletree* team!



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Photographer



Allie Decent
Resident Writer and Real Estate Agent



Rob Spangler
Meet Your Neighbors



Hannah and Frappie Serbinski
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Alida Zwaan
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Debbie Merritt
Who's Making a Difference



Ryan Dunn
Celebrating the Arts



Ainsley Proffit
Athlete Spotlight



Don Selmo, Marlin Smickley and Joanne Selmo enjoy a winter hike; photo taken by Abby Dixon.



Laurel Hendrickson
New to the Neighborhood



Happy Power
Real Estate Update



ROB AND AVA Spangler

Hi, neighbors! My name is Rob Spangler and I am really honored that *Inside Singletree* wanted to know about my life and family, so here goes.

I was born in Kenton, Ohio, and grew up on a farm between Kenton and Ada, Ohio. This is about 1 hour northwest of Columbus. The economy was mixed at that time. Probably 50 percent industry and 50 percent agriculture, basically, small town America. My mom's family were big farmers in the area and my dad went into business with my mom's dad, "Grandpa Putnam." We raised corn, soybeans, Hereford beef cattle and sheep when I was little but then transitioned to dairy cattle and hogs when I was six.

The Putnam family goes way back to the founding of this country, coming over from England in 1630 and settling in the Boston area, namely Salem. Oh yes, my family was involved in the "Witch hysteria and trials" although my grandfather John Putnam fought against this travesty in our history. He spoke out vehemently against these trials. He kept a sword at his side at all times and a saddled horse in the barn for a fast getaway. His half-brother, Thomas, was the problem. His daughter, Ann, started the witch hysteria by faking seizures and implicating their slave as a witch. You probably

know the story from there. The family home still stands and is part of the Danvers Historical Society.

Another grandfather, John's grandson, was General Israel Putnam who commanded the Connecticut Militia serving directly under General Washington. He was a tough old coot and also fought in the French and Indian War. You may remember a quote from your history books regarding the Battle of Bunker Hill. "Don't fire until you see the whites of their eyes." That was my grandpa, Israel. Funny coincidence, I was at the bar in the Ritz Carlton on Massachusetts Avenue, in Washington D.C. one evening and was admiring an old oil painting of a Revolutionary War officer. I asked the bartender about the painting, turned out it was of my grandpa, Israel. So, after the War, Israel got involved with The Ohio Company, which opened up the Northwest Territory of our young country. The Putnam Family Museum is in Marietta, Ohio, and the family is known for being the founders of Ohio.

In the '60s my father and a friend, Bill Watson, took up skiing at a small "resort" Mad River Mountain about 30 minutes from our home. You may know Don Watson, an entertainer here in the Valley, who is Bill's son. My Dad was hooked and got the whole family started with this sport. I remember struggling to get leather lace up ski boots tight enough and trying to maneuver the



long wooden skis with Cubco bindings, which weren't step and had leather Arlberg straps. Also hanging on to the rope tow was a real pain and my mom helped me master that. But, skiing was fun and I was hooked, too.

We also had a home on Higgins Lake in northern Michigan so a few times in the winter we would ski Boyne Mountain and Boyne Highlands. My parents took a couple trips to Aspen each winter to experience real skiing and to have some fun. They never took my sister or me which really disappointed us. The first time I skied out west was a six-week break between quarters when I was attending The Ohio State University. My step-sister, Tammy, and I headed out to Aspen and stayed at what is now the Hotel Aspen. Oh, my God ... I was in heaven! Skiing on actual snow with absolutely no ice. Long runs, real mountains, good skiers, clean air, blue skies and great attitudes.

So fast forward 15 years. After stints in Vail, Tampa, Columbus and Washington D.C., my then spouse and I were looking at homes in McClean and Langley, Virginia. We were both self-employed and could live anywhere so we had a discussion about moving out to the Rockies in Colorado. Aspen was too far from a city and their airport was not reliable. Having lived in Vail after college, we took a look at the Vail Valley and settled on looking for a home here. After several house-hunting trips, our realtor found my current home, which was under construction and we closed the last day of 1996.

Both of our children were born in Vail. Coco is 19 and currently enrolled at Grand Canyon University in Phoenix. Ava is 15 and attends Vail Christian High School. Both girls were participants in the Vail DEVO Ski School Program and had great success racing in the YSL program around the state. They are both fantastic and beautiful skiers. Cliff jumping was an event I held my breath on, as both girls and their friends were fond of that excitement. Papa is very proud of helping them reach their skill level in a life



meet your neighbors
Photography by Olga Barron Photography Inc.



sport they can continue and enjoy for the rest of their lives and that we can participate in as a family together.

Ava currently lives with me pretty much full time. She enjoys school and is gifted athletically in most sports she participates in. You will see her dominating the volleyball court in club volleyball and at Vail Christian High School. She is a setter, outside hitter and right side hitter but can play any position well. She is also a sprinter on the track team running the 100 and 200, plus relays and the long jump. We are looking for big things in the coming years and hoping for a possible scholarship to college in any of these sports.

I have done several things for work in my professional life. I sold insurance as a first job with Northwestern Mutual, I then moved on to selling commercial time in broadcasting in the Tampa, Columbus and Washington D.C. markets. My station was sold in Washington D.C. While there

I had been designing promotions for nationally branded products and chain retailers. I spoke with those clients and let them know I was starting my own company and asked them to come on board. Capital City Marketing was born as an advertising and promotion agency.

After several years designing and fulfilling promotions for clients, I decided to develop our own line of products and sell them via a major bank's Visa and MasterCard monthly statement. We advertised the products on the return envelope and the order form could be torn off and sent in with the customers check to pay their bill. The banks would send the order forms to us to process and fulfill. I have to say, the business boomed and allowed us to buy the house and move our life here.

I sold Capital City Marketing to my stock supplier in 2002. I needed something to do, so I consulted with my father who owned a prison telephone company in the Southeastern U.S. and I started Telewest. I marketed and built Telewest's business in the western states. We provide inmate calling service in county jails and prisons working with state agencies and county sheriff's offices. It's quite a bit different than my previous company but business is business and we are in our 15th year of operations.

As you can see by the front cover of the magazine, I fly the American and rainbow flag above my home in support and pride for our country and for the LGBT community. With this issue, *Inside Singletree* wanted to focus on the different types of families that make up our diverse community. I am a gay man heading up and supporting my family, just like any other father. Our families are just like yours and love and respect are the primary factors in all of our families. I hope you got to know a little bit about Ava and me. Best wishes to you all.

 Get to know your neighbors by featuring your family in the next available issue! Email holly.proctor@n2pub.com to share your family story with your neighborhood.



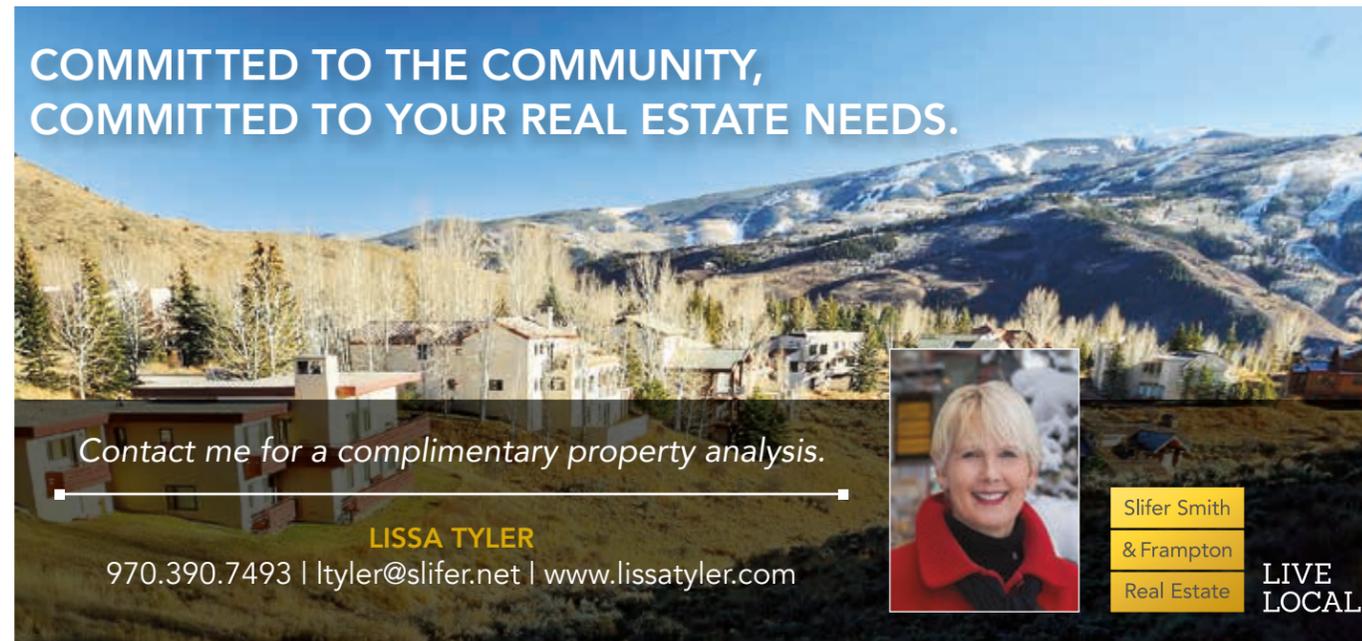
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what's happening
inside singletree

Photography by **Kate Decker**



Singletree Ladies

Enjoy A Night Out At Walking Mountains Science Center

Walking Mountains Science Center graciously hosted ladies from the neighborhood for a lively night out in February. Friends and neighbors caught up with each other and made new friends while enjoying delectable hors d'oeuvres prepared by Second Nature Gourmet and wines selected by Riverwalk Wine & Spirits.

Many thanks to Terri Scales for coordinating event details on behalf of Walking Mountains Science Center as well as to Lara Carlson and Peter Suneson for sharing an educational and entertaining presentation. Who knew that our Colorado wildlife sported such personalities? Be sure to check out the many programs offered this summer for kids, families, locals and visitors at the Walking Mountains Science Center..



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celebrating the arts | Contributed by **Ryan Dunn**, Singletree Resident

Celebrate Women In Film

AT THE 14TH ANNUAL VAIL FILM FESTIVAL: MARCH 31 - APRIL 2



Celebrities Jane Seymour and Zach Braff



Ryan and Lara Dunn



Actress Allison Janney and Actor/Director Tate Taylor

Prior to moving to Singletree, Ryan Dunn worked in the Los Angeles film industry for several years. In fact, he and his wife, Lara, a fellow film industry veteran, met and started their romance in Hollywood! Ryan's passion for the arts continues with writing and making short films as well as contributing and serving as an advisory Board member for the Vail Film Festival.

Ryan is excited to again be involved in what will be the 14th annual Vail Film Festival, which takes place March 30 - April 2, 2017. This year's festival, he explains, will have a special focus on female filmmakers, screening inspiring work from female writers, directors and producers. This year's Panel Discussion includes Variety's 2015 Top 10 Producer to watch, Katie Mustard, Producer Kim Waltrip, and Director Amanda Sharp for an in-depth look at Women in Film.



Director Kat Coiro and Actress Krysten Ritter

2017 festival events include the Opening Night Party at La Tour, the Filmmaker Reception at 10th Mountain Whiskey, the Closing Night Party at Larkspur and a daily hospitality lounge at the Vail Cascade. Film screenings will take place at the Vail Cascade and Cinebistro theaters. For more info or to purchase passes visit www.vailfilmfestival.com.

About the Vail Film Festival

The Vail Film Festival was founded by Scott Cross and Sean Cross in 2004 as a platform to showcase independent films, foster new filmmakers and create opportunities for film enthusiasts to interact directly with directors, writers, actors and producers. The 14th annual Vail Film Festival will take place March 30 to April 2, 2017, in Vail. Festival activities include film screenings, panel discussions, nightly galas and the filmmaker reception. The festival is staged by the Colorado Film Institute, a 501(c)3 nonprofit arts organization.



Singletree residents, Margie and Steve Shephard, enjoy the 2016 Vail Film Festival. Photo courtesy of Brent Bingham.

The Festival program features an incredible lineup of independent films starring Katie Holmes, Ray Liotta, Viola Davis, Gina Rodriguez, Hayden Panettiere, Cataline Sandino Moreno, Judy Greer, and many others. The program also includes the popular question and answer sessions with directors and casts that let you delve deeper into what goes on behind the scenes.



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As luck would have it, there was a light beige rat hiding in the back of a hidey house in the medium-small rat section the day she went to Petco. Half the size he is today, Frappie came home with Hannah about a year and a half ago. Since then, Frappie has become the “sweetest nicest pet in the house,” according to Hannah. He joins Buddy, the bulldog, Num Num, the hamster, and Cookies ‘n Cream, the mouse.

Hannah feeds Frappie a diet that consists of protein, veggies and fruits. According to her, Frappie will eat anything he can get his little paws on. His daily trail mix is a blend of sunflower seeds, dehydrated rice, hard noodles and pieces of dried fruit. Hannah feeds him ham or sandwich meat cut into small pieces, lettuce, celery, carrots and eggs... *he loves eggs!* Hannah’s mom, Karmen, explains that Hannah is very conscientious about Frappie’s diet and is very educated on what foods are not good for rats. As a matter of fact, Frappie is not allowed cheese, because contrary to popular belief, rats are actually lactose intolerant. His favorite treats are “Yogis,” chocolate chip sized yogurt snacks, which are used to entice Frappie to “spin” in a circle on command.

When not snuggling with Hannah or exploring the Serbinski home, Frappie lives in a big cage with multiple levels, houses and hidey houses -- a rat condo complete with a penthouse. Hannah is environmentally astute and regularly re-purposes shoeboxes, packaging, and fleece blankets for Frappie’s comfort.

When asked what Hannah would like to share with her friends and neighbors, she replied, “People always think rats are nasty and disgusting but they are really sweet and snuggly.” Indeed, Frappuccino has certainly worked his way into the hearts of Hannah, her family and her friends ... a happy ending to this rat’s tale!



Do you have a pet and would like to share his/her story? Please email holly.proctor@n2pub.com to feature your precious pet in the next available issue! Dogs, cats, horses, fish and any other type of animals are welcome!

precious pets

Contributed by **Hannah Serbinski** and **Frappuccino**, Singletree Resident and Pet

A SINGLETREE Rat’s Tale

Meet Frappuccino, aka Frappie. For a long time, Hannah Serbinski and her sister, Claire, both longed for a rodent as a pet. Eventually, they negotiated a deal with their parents: if they did the research, wrote an essay, and paid for the pet, they could bring home the rodent of their choice. Why rodents? Many friends had hamsters or guinea pigs and the girls found them to be adorable. Little did Hannah know at the time that a rat would ultimately emerge as her pet of choice.

In her research phase, Hannah learned that rats are smart, they can be taught to do tricks and they are very affectionate and sociable. She shares that “Frappie likes everyone we meet.” They are easy to care for, they are litter box trained and they clean themselves. Hannah initially thought she wanted a brown rat, but upon landing on the name Frappuccino, her focus shifted to a lighter colored rat.

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Photo by Tom Mullen

A Life Beyond Fine:

My Journey Toward Freedom And Vitality

healthy living

Contributed by **Laina Eskin**, Singletree Resident

As I sipped my tea this morning, I reflected on a simple yet meaningful recent encounter. I was on the phone with an old friend that I hadn't spoken with in quite some time.

Everything in the conversation was normal and she shared that she and her family were "fine." As she asked me how my husband and I were doing, the automated response of, "We are fine" almost fell right out of my mouth. As I paused for a moment, I realized that "fine" could not possibly describe how my life was going. It was more honest to say that my life was amazing.

So, I shared with her authentically. "I am feeling super passionate and fulfilled in my life right now and I am so grateful for every aspect of it!" There was a long pause on the other end of the line. It was as if she didn't know how to respond. I realized that we had always been living a life that was "fine" or "okay," and neither of us thought anything of it. But now that I know something more fulfilling exists, it is hard to imagine that "fine" was considered an acceptable way to experience life.

Five years ago, everything in my life looked great on the outside. I had a great husband, a beautiful home in Singletree, a new business and the ability to play in the outdoors doing all the things I loved. Skiing, biking, hiking with my dog and working to grow my new business, Align Vail, consumed my life. What's not to love, right?

I opened my business to provide clients with a unique approach to healing the body. As a licensed physical therapist and Pilate's instructor, I discovered a missing link that enabled me to heal the debilitating back issues that I had in my twenties. This method is called Corrective Movement Therapy and it focuses on assessing whole body movement patterns and biomechanics to treat and heal injuries and improve athletic performance. I was excited to bring this work to the valley and share this methodology with my community, however, there were many things holding me back from doing this fully.

I was living a stressed out, overwhelmed, anxiety-ridden life. I worried constantly about my business, finances, relationships and health. And despite my constant efforts to be healthy, my thyroid was not functioning well and I had been diagnosed with an autoimmune disease. I was frustrated and exhausted but I continued to show up for my family and business with a smile on my face. My house of cards was ready to crumble.

I met Mandy Benedict, when I hired her company, Ruggs Benedict, to install the floors in my new office space. From the beginning, I was amazed at how peaceful and joyful Mandy was throughout the process, even when there were issues. Mandy



ALIGN
VAIL

resolved them quickly and calmly with her incredible support and wisdom. I learned then that she teaches meditation and was looking for a place to hold a six-week long meditation program, Mental Mastery, part of a lifestyle system called Conscious Transformation, developed by Joey Klein. Mental Mastery teaches powerful, practical strategies to train the mind and create vision around any aspect of life where a more fulfilling experience is desired. I instantly knew that my office, Align Vail, would be a great spot to host this class and I was excited at the value it would bring to participants.

During Mental Mastery I developed a consistent meditation practice and noticed that the stress and anxiety that had been a huge part of my life was starting to fall away. I felt a greater sense of calm and a newfound passion for my business. In this new emotional space, I noticed that I had more energy, my business started to pick up and my experience of work changed significantly. With the added enthusiasm and a reinforced commitment to my daily meditation, I found it much easier to make the necessary changes in my nutrition regime, my fitness routine and the supplements I was taking to support optimal healing.

In the years to come, supported by the Conscious Transformation programs and mentors, my health improved and my doctor informed me that I no longer had the autoimmune disease that I was diagnosed with years ago. I was ecstatic and began to see health in a whole new light. I felt compelled to share the practices I had learned with everyone who came into my office seeking relief from pain in their bodies.

After my personal experience, I developed a new framework for clients -- The Trilogy of Health -- to support them to create optimal health and well-being. The Trilogy of Health consists of three components:

1. **Biomechanics** – The evaluation of the chain reaction of each joint in the body and how it is enhancing or hindering optimal movement, including alignment, balance, symmetry and flexibility. Through various tissue work techniques, stretches and corrective movements, the functionality and freedom of the body can be restored.
2. **Internal Function** – Proper nutrition, hydration, sleep and rest are essential factors in creating an environment for the body to heal and function at its best.
3. **State of Being** – Developing an optimal mental and emotional state has a profound effect on our well-being. Research

now shows that when we are in a state of stress, our body secretes various hormones that have a direct effect on inflammation and healing and can promote the development and progression of disease.

Each day, I witness tremendous improvements in clients' physical health and hear countless stories of other ways their lives have improved. I am inspired by each person that experiences the benefits of our approach and moves towards a new way of being in their bodies and their lives.

We offer a comprehensive program to address our clients' biomechanics and support them as they heal and restore the function of the body. We also offer various ways to support people in managing their stress through an assortment of meditation programs. We have a free meditation group that meets the first Wednesday of each month and six- or twelve-week classes that aim to address each aspect of the internal self -- Mental Mastery, Emotional Mastery, Physical Master and Spiritual Mastery.

I am truly grateful for my journey and see all the opportunities that have been created because of this work. I am fully committed to sharing the tools I have learned through Conscious Transformation and to support those around me to create something exceptional for themselves. I hope to inspire others to experience the sense of connection, love and fulfillment in life that I have found. With these powerful qualities as part of everyday life, when asked how you are doing, the response "I'm fine" can authentically change to, "My life is amazing! Thank you for asking."

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Singletree Community Center

7:15 p.m.

CT Groups are designed to help you connect with like-minded individuals, focused on their personal and professional fulfillment. Each meeting consists of a Conscious Transformation teaching, tool or meditation and an opportunity to create a practical plan for daily life. This supportive environment is a place for you to connect, reflect and transform.

Calvin Loves

Pets, Snowboarding And Cars

kid's corner

Contributed by Calvin Armistead, Singletree Resident and
Written by Allie Decent, Singletree Resident

Welcome to Kids' Corner! This month we interviewed six-year-old local Calvin Armistead. He has a four-year-old brother, Beau, and a nine-year-old sister, Alivia, and a menagerie of pets! He loves to ride his bike with all of his local friends in Singletree. Calvin is in Kindergarten at Red Sandstone.

Do you have a pet? I have eight pets. My first fish is Goldie and the other is Rainbow. We also have a fish named Big Eyes. And a beta fish named Buddy. The dogs are Big Girl and Kingsley, and Bobby who is actually Robert DeNiro. Our cat's name is Reese because she looks like a Reese's Peanut Butter Cup.

What is your favorite thing to do? Snowboarding. I did a double black diamond at Beaver Creek. I hit all the bumps and moguls



on it. I did that on my skis. I need to learn how to stop when I'm going backward on my snowboard before I do a black diamond on that.

Where do you like to go to play? Well, our basement because we have this new fun thing. Well, it's kind of like a basketball hoop and it folds up and there are little footballs and baseballs. And if you throw them into the holes you get a point.

What is your favorite toy? I play with a lot of different toys. I do use my car transporting truck a lot. I have about eight cars because I got six that came with the truck and two I already got.

If you could change one thing in the world, what would you change? I would change it and turn all the bad stuff to good stuff.

What advice do you have for adults? Eat a lot of good food because my tummy is not feeling so good today. I think something I ate was bad.

What's your favorite movie of all time? Cars 2!

What do you think is in store for you for 2017? No idea. I live every day.

Are you going on vacation? Probably. We are going to Hilton Head in April for Easter.

What do you love about living here? I love that we get to go sledding a lot and riding our bikes to the park. And my friends.

 Singletree wants to meet your amazing kids! Email holly.proctor@n2pub.com to share your kids' interests and activities with your neighbors.

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Mariscol, an Andalusian, receiving laser therapy for minor neck pain. Photo by Bianca McCarty Photography.

professional profile

Contributed by **Dr. Elizabeth Dooher, MS, DVM,**
Singletree Resident



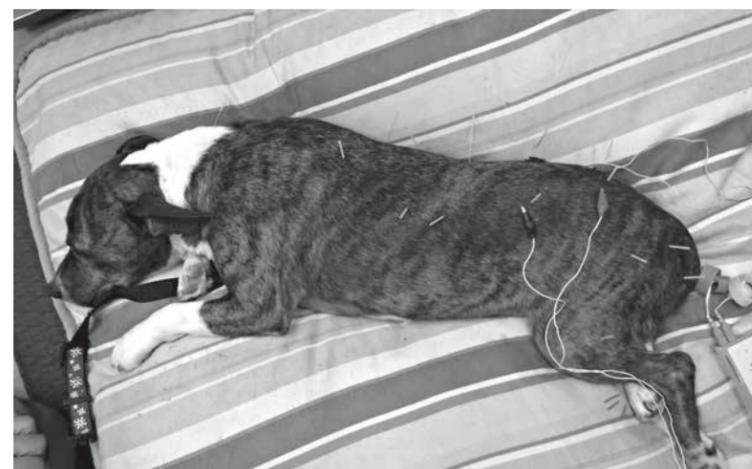
Mariscol enjoying his chiropractic evaluation. Photo by Bianca McCarty Photography.



Solstice taking in the benefits of laser therapy following surgery for her torn ACL.



Milo receiving pre-competition acupuncture and laser therapy. Photo by Bianca McCarty Photography.



Ernie sleeping during electro-acupuncture for his paralysis. He made a complete recovery!

Dr. Elizabeth Dooher Brings Greater Meaning To I C.A.R.E.

What are integrative therapies and how do they complement more traditional western veterinary medicine? Sometimes known as alternative treatments or holistic care, these therapies include chiropractic, acupuncture, rehabilitation, massage therapy, laser therapy and herbal medicine.

Dr. Elizabeth Dooher, veterinarian at Integrative C.A.R.E., prefers the term integrative. This facet of veterinary medicine is not an alternative to western medicine but rather an integral part of maintaining the health and athletic performance of animals. Combining the best of all worlds gives animals the greatest opportunity to live long, active lives.

Elizabeth works with canine athletes to help them achieve peak physical condition. She also enjoys helping aging dogs maintain their quality of life. As dogs age, they can develop lamenesses due to arthritis and nerve degeneration. They can also experience decreased energy, changes in appetite and even dementia. These changes can significantly inhibit their ability to enjoy our

active mountain lifestyle. It is most rewarding when owners report improved comfort and renewed vigor in their dog friends with the help of these therapies.

Horses are also recipients of integrative care. Working with owners and primary care veterinarians, Dr. Dooher takes a team approach to identify and treat subtle movement asymmetries in performance horses. Back pain in horses is a common problem that is often successfully treated with integrative therapies. Like all athletes, equine athletes suffer from occasional injuries. Custom equine rehabilitation plans can improve the quality of injury outcomes and hasten a return to athletic performance.

The daughter of Nancy and Gerry Dooher, Elizabeth, was born and raised in Vail. Of course, she spent time on the ski mountain, but Elizabeth practically grew up at the Berry Creek barn. That barn stood on the property that is now Battle Mountain High School and Miller Ranch was the hay field. She spent her school years riding competitively in the hunter and jumper disciplines.

Elizabeth's father, Gerry, a radiologist at the Vail Valley Medical Center, sparked her interest in medicine but her horse passion took her to Colorado State University. There she earned a BS in Equine Science, an MS in Biomedical Science and graduated cum laude from the College of Veterinary Medicine. Elizabeth then completed post-graduate training in veterinary acupuncture, chiropractic and rehabilitation in Colorado, Kansas and Florida.

After several years working as an equine veterinarian in Glenwood Springs, Elizabeth has returned home and opened her own practice, Integrative C.A.R.E., Ltd, specializing in integrative therapies.

Elizabeth is thrilled to be living back in this valley and in the Singletree community. The pool and club sure have changed from the early '80s when she learned to swim here. She fondly remembers riding her horses through these hills when just a handful of homes dotted the land. In those days, a quick gallop got you through the stop sign at highway 6 and the hitching rail at the Gashouse was put to good use.

For additional information regarding integrative therapies, contact:

Elizabeth Dooher, MS, DVM
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Flopsie says, "Thank you."



VETERINARY CHIROPRACTIC • ACUPUNCTURE • REHABILITATION





home of the month

Contributed by **Lindy Carraway**, Daughter of Lorian and Jesse Carraway, and **Alida Zwaan**, Singletree Resident

10 Saddle:

Home Of Fond Memories For The Carraway Clan

While maintaining a full-time residence in Golden, Lorian and Jesse Carraway built their home at 10 Saddle Drive in 1982 to accommodate their growing family. Here, their daughter, Lindy, recalls with fond memories what made this house a special home for Lorian and Jesse, their seven children and 34 grandchildren.

When asked what makes the house unique, Lindy replies, “the location for sure. It sits on an amazing lot, overlooking all of

Singletree, with 365-degree views of the Valley below. Also unique is the décor which is all red, black & white.” According to Lindy, her parents wanted something very different from their very traditional home in Golden. They wanted the Vail house to be modern and it certainly was! As Lindy describes it, “Mother always had decorators.” The color scheme was unique and exciting, fresh and distinct. The Carraways wanted the house to mimic Vail’s fun, ski town character.

Lindy goes on to share other unique aspects of the home, including the private quarters of a double master bathroom with a walkthrough shower connecting the two. “My parents loved their private quarters and had that set-up in all of their homes. And, a hot tub downstairs in the family room, for the kids, of course! All in all a fun and family friendly home!”

The kitchen, of course, is the favorite room in the house. “It’s always the kitchen, that’s where the family always gathers, it was Mother’s favorite.” And most special to Jesse was his collection of art, over 100 paintings, illustrations and photographs of barns, which grew from a fascination with the red barn atop Lookout Mountain in Golden, right next to the family church. Lindy remarks, “He just loved that barn.”

The Vail house provided Lindy’s parents with a ton of pleasure in the summer. Although they skied and loved to take everyone snowmobiling in the winter, they weren’t avid skiers themselves. Christmas Eve was always very special in the home but it was the summers that truly stood out, largely due to the fact that the home was used to host the famous Carraway Clan Classic.

An annual family tradition for over 25 years in Singletree, Lorian and Jesse sponsored the annual trip, making it feasible for everyone to be there, no matter what. Lorian loved to golf and she loved her family, to the degree that, “in fact, every kid in the

family got their first set of golf clubs from mother ... and there are 34 grandkids.”

Lindy recalls, “Initially I didn’t play, so they made me the babysitter. I decided then that I’d better start. And, now it’s my boys, who were babies when the tournament started, that are the best golfers in the family! Mother influenced all of us tremendously.”

The weekend would start with a pizza party on Friday night. There were anywhere from 20-28 golfers. Time to pick your teams and the competition was always fierce. On Saturday morning, everyone would arrive at the Singletree Club, and then we were off! The first round was drafted, it was serious. The second round was more fun, you could play with whomever you wanted and after all, the Carraway Clan Classic was, still more than anything, a family reunion. Afterward, all the spouses and little ones would join the golfers for a huge awards night and celebration dinner, catered by Fiesta’s.

Jesse and Lorian held over 25 annual golf tournaments in Singletree and although they are no longer living, it’s a ritual the family will always enjoy. Lindy appreciates, “This was Mom and Dad’s gift to the family. It was quite an event and a tradition that will continue forever.”



Would you like to have your home featured in an upcoming issue or would you like to nominate a neighbor’s home? Please send an email to holly.proctor@n2pub.com and let me know about it!





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..... **who's making a difference**

Contributed by **Debbie Merritt**, Singletree Resident, and
written by **Allie Decent**, Singletree Resident

"B"-ing The Difference In Singletree: The Merritt Family's Dedication To Their Son Brandon's Memory



that he enjoyed life. "Brandon loved being here because no one treated him differently," recalls Debbie. "He got the same opportunities as other people. His bosses would make accommodations for him, for his needs. They would work with him so that he became successful at what he did." He worked as a Guest Service Red Jacket at Beaver Creek during the ski season, and at The Cordillera Valley Club and later the Sonnenalp Golf Club in the summers.

Brandon loved taking time in his daily routine to literally stop and reflect on these surroundings we take for granted. One of Brandon's friends, Lindsay, recalls these moments with Brandon. "Often when we were skiing we would say Brandon, hey what are you doing, c'mon! And he would say, 'I'm just enjoying the view.'...I never knew anything was wrong with him, I just knew that he appreciated life and the things he was doing."

"Singletree is such a great community. I love living here," states Debbie Merritt during our interview. "And I want the people of Singletree to know that it's so special here because people with disabilities and handicaps are accepted." Her blonde curls frame a face full of passionate determination and shining eyes and I know in that moment that I am in the presence of a mother who has loved and lost a precious child. The loss of Brandon prompted Debbie, Ralphie and their daughters, Jessica and Stephanie, to found *B The Difference*, The Brandon Merritt Charitable Foundation in 2011. The Merritts are on a mission to preserve their son Brandon's memory and gift a gentle reprieve to other families and their loved ones suffering from Neurofibromatosis.

Brandon's slow and easygoing attitude is memorialized as the logo for *B The Difference* in the form of his favorite animal, the turtle. "Just like our logo, he had a tough outer shell," says Debbie. "We have his whole turtle collection: hundreds." After Brandon passed away in February 2010, a childhood friend named Alex visited and was given one of Brandon's turtles. A few years later when Alex was married, his best man held that stuffed turtle during the ceremony as a symbol honoring Brandon's place at that momentous occasion.

Making their home in Singletree was no accident: Brandon Merritt was happiest here in the Vail Valley during his 22 years

...

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•••

Neurofibromatosis, or NF (pronounced neuro-fibroma-tosis), is a term for three distinct medical disorders: NF1, NF2, and Schwannomatosis. NF causes tumors to grow on nerves throughout the body and can lead to blindness, bone abnormalities, dermal, brain and spinal tumors, deafness, disfigurement, learning disabilities and excruciating and disabling pain.

Neurofibromatosis affects 1 in every 3,000 births in the United States. "It's so prevalent but no one has ever heard of it because no one famous has had NF," states Debbie. "Brandon was diagnosed as a baby. But what I've learned since we started the Foundation was that he had it so much easier than so many others." Tumors can be anywhere there is a nerve ending, but Brandon's were located along his spinal column and his brain. "He had tumors on his C1 & C2 that were removed in one surgery and he was able to walk, drive and snowboard. We caught it in time. But then he had a tumor in his brain. When they opened him up, they couldn't remove it." His sisters, Jessica and Stephanie, were living with him here in Colorado and just knew that they had to get involved in spreading the word and creating funding for the fight against NF for other families like their own.

The Brandon Merritt Charitable Foundation fundraises in support of the fight against Neurofibromatosis in a very unique way. The Children's Tumor Foundation[1], the world's largest non-government organization dedicated to finding effective treatments for the millions of people worldwide living with NF. *B The Difference* wants to help make the lives of those living with this disease enriched beyond raising funds for research. In Florida, where they hold the annual Cheers To B! fundraising event, the Merritts knew that they wanted Brandon's legacy to extend to lifestyle. "When we first formed the foundation, we didn't know which way it was going to go," recalls Debbie. "But it was formed, and we truly make a huge difference in the lives of sufferers."

B Happy was established as part of *B the Difference* in 2013 with the goal to provide all-inclusive trips throughout the year to Florida or Colorado for selected NF recipients and their families, similar to the Make-A-Wish Foundation. The *B the Difference* Board works with highly regarded NF doctors to select NF patients to be considered for this opportunity. The funds raised for *B Happy* allows participants the chance to escape hospital beds, routine tests, MRIs, chemotherapy and more: **The goal is to forget their everyday worries while embarking on a journey they will never forget.**

During Brandon's battle with NF, the Merritts learned that simple diversions go a very long way as they provide anticipation, participation and memories that last a lifetime. "I realized that we had to do for others what we did for Brandon, to make their lives special, too," states Debbie. For Brandon's 21st Birthday the family was able to get him tickets to a Boston Red Sox game at Fenway Park, and Brandon was a huge Red Sox fan. Debbie remembers the joy in Brandon at that time. The Merritts saw the value in that experi-



ence and added the *B Happy* program as an active and quantifiable representation of where the donations make a difference. "I knew that we had to spread Brandon's love of Beaver Creek, Colorado and the surrounding valley since it has so much to offer that we would like to share with others," states Debbie.

Since every trip is fully paid for by the foundation, they rely on local sponsors and partners to create the perfect experience, which is one reason the foundation sticks with sending NF patients and their families to Colorado and Florida. "We have a strong network of partners and sponsors who make this possible, in addition to donations. We are about to launch volunteer opportunities!" reminds Debbie. To ensure that the experience is as perfect as possible, the foundation sends a host with each family who is with them from the moment they come out of the airport to the time they get back on the plane.

In a way that no other foundation does for Neurofibromatosis, *B The Difference* creates an escape from the horror of living with NF through *B Happy*. Families really appreciate being away from doctors and appointments for a whole week of their lives. Debbie smiles as she recalls what good they have done so far. "The patients reflect on those trips when times are hard, during surgery or recovery. We can, and do, make a difference one family at a time. He was our gift for 22 years, and this is our home. And it all started because this community welcomed Brandon."

.....

For more information on Neurofibromatosis, or how you can Make a Difference, please visit www.bthedifference.org The Brandon Merritt Charitable Foundation is a 501(c)(3) non-profit organization.



Are you passionate about a cause or purpose? Do you know someone in your community who is deeply involved in a particular organization? Please email holly.proctor@n2pub.com to recognize the people who are making a difference.

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FITNESS CLASSES AT COMMUNITY CENTER

Check out the fitness class schedule at the Singletree Community Center. There are classes offered Monday – Friday. The schedule is regularly updated at www.singletreetoday.com. Classes are \$8 each or \$7.50 per class with the purchase of a 10-class punch card.



TRASH AND TRASH CAN REMINDER

All containers used for trash shall be located, except on pickup days, within your garage or approved trash enclosure. Further, Eagle County requires that all trash be placed in a certified wildlife-resistant trash container when not inside a residence, and prohibits placing these containers out for collection before 6 AM on collection day. Check with your trash hauler to find out if they will pickup your trash from your garage.



SONNENALP CLUB

The golf course will open for golfing to Sonnenalp Club members on Friday, April 14, 2017. Singletree residents will no longer be able to use this private property for personal enjoyment when the golf course opens for the season. It is a privilege that the Sonnenalp Club provides for Singletree residents each winter. Please respect their private golf course so we may maintain this seasonal privilege.



PET PICK UP

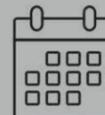
The Berry Creek Metro District has placed pet pick up stations and trash cans throughout Singletree and at trail heads. Don't be afraid to use them! Imagine a neighborhood where everyone cleaned up after their pets.

ALPINE ARTS CENTER COMMUNITY EVENT



Coffee, Cocoa & Canvas
Singletree Community Center
Come paint an 11"x14" stretched canvas with your neighbors
paint, canvas, brushes, smocks, teacher from Alpine Arts Center, coffee and cocoa provided
Saturday, April 29
9-11 AM
\$10 per person
RSVP – manager@singletreetoday.com

2017 SPOA ANNUAL DUES



SPOA annual dues were billed on March 13, 2017. Please pay your \$150 annual dues promptly.

SINGLETREE

Berry Creek Metro District and Singletree Property Owners' Association

1010 Berry Creek Road at the Community Center

You can contact the community manager at manager@singletreetoday.com or (970) 926-2611

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Ainsley and Team USA training in Sella Nevea, Italy



Ainsley representing USA at Skofja Loka, Slovenia for the opening ceremonies of Pokal Loka race

athlete spotlight

Contributed by **Ainsley Proffit**,
Singletree Resident

Ainsley Proffit Has The Taste For Speed

Name: Ainsley Proffit

Age: 15

Grade: 10 via the University of Texas online program

How long have you been skiing for and when did you first start? I have been skiing since I was two. The first time I went skiing was during a family vacation at Crystal Mountain, Michigan.

When did you decide you wanted to race? When I was seven years old, all I wanted to do was ski fast. While vacationing at Keystone, I saw a Nastar course. I begged my parents to let me go race it. I raced down the course and ended up scoring gold. Once I felt the taste of the speed and the rush of excitement while racing down that little Nastar course, I knew ski racing was the sport for me.

What compels or inspires you to continue racing? I race to feel the rush of emotions. The excitement, the joy and most of all the fear hook me into ski racing to see how far I can push my limits.



Ainsley placing 4th at Pokal Loka Children's FIS race at Kranjska Gora, Slovenia



Ainsley (middle) placing 1st in Giant Slalom in Eldora, Colorado

What kind of time commitment does your skiing require? For me, ski racing is year-round. I usually get about two months off a year, May and August. I train six days a week.

What competitive ski racing events have you participated in? Last season I competed in U16 Nationals at Snowbird, UT. I finished third overall. Just last week, I competed in a children's FIS race called Pokal Loka in Kranjska Gora, Slovenia. There, the top three athletes from 30 different nations all raced against each other and I was lucky enough to be one of them. I came to the race hungry. I knew this was a great opportunity to assess my skiing to find out if I am on the right track to racing the World Cup. I finished twelfth in the GS and fourth in the SL out of a field of 80 girls. It was good skiing but I still have a long way to go if I want to make it onto the World Cup.

What are your best results? The day after I got back from Europe, I competed in a four-day race series that held the stakes of who qualified for Junior Championships. I finished three out of the four days of racing, finishing first and second in GS and third in SL. These finishes qualified me first overall for Junior Champs.

What is your favorite moment in skiing? My favorite part of skiing is a powder day solely reserved to just shredding up a mountain full of untouched powder. I don't think anyone could top that.

What is the most challenging aspect of ski racing for you? I believe the hardest thing to do in this sport is to make a perfect run. I most often find myself having an incredible run but then I will make one or two mistakes that slow me down. Right now I am working on finding my limits. Often when I make a mistake, it is because I pushed my limits a bit too far.

Who do you idolize in this sport? I really look up to Lindsey Vonn and Aksel Lund Svindal the most. Both of them are so dominant in this sport and overcome so many challenges. I admire their passion and determination to always keep racing no matter what might come their way.

What have you learned from ski racing? Ski racing has given me the opportunity to explore the world.

What are your racing ambitions? My ambition in ski racing is to compete in the Winter Olympics.

Can you offer a piece of advice for someone trying to get into ski racing? Be prepared for challenges. Ski racing is hard but remember to take it all in because I don't know any sport that lets you see as much of the world as skiing does.



Young or old, man, woman or child, snow, water, trails or your terrain of choice... email holly.proctor@n2pub.com to share your athletic passion, accomplishments and dreams with your neighborhood!

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SINGLETREE WELCOMES

Laurel Hendrickson

..... TO THE HOOD

Laurel Hendrickson is happy to be back in her native Colorado! Born and raised on the Front Range, Laurel's path has led her from Colorado Springs to Denver to Chicago to Fort Lauderdale and finally to the Vail Valley.

After graduating from Colorado State University, Laurel embarked on the path of a self-proclaimed lifelong learner. She spent the first 23 years of her professional career in the corporate headquarters of Allstate Insurance Company in Chicago, filling various roles and developing a broad business background. It was eventually time for a change and a bit more autonomy, so in 1999, she took her extensive experience and her laptop to the beach in Fort Lauderdale to create a tech business focusing on web design and administration.

Along the way, Laurel has earned three advanced degrees: an MBA from Illinois; a Masters in Conflict Resolution in Florida; a Masters in Healthcare Information Management from GW; and is a Florida Supreme Court Certified Mediator. In addition to her graduate studies, Laurel spent time teaching graduate school during her time in Chicago. Be it as a student, teacher or professional, Laurel's focus has always been very pragmatic, with an eye on getting results, seeing the big picture and developing others to be successful in whatever they choose to do.

When she closed the tech business in Florida, it was again time for something new. Laurel harbored a desire to return to Colorado and when she found a job posting for a position with the Sonnenalp, it appeared her time had come. Laurel brought her talent for business coaching, management training and developing teams to the Sonnenalp, where she now applies her expertise across the many facets of the organization, including the well-respected hotel, five diverse restaurants, the brand new fitness center and the ever popular golf club. With the goal of ensuring the Sonnenalp team is all on the same page when it comes to providing the highest level of service to members and guests, Laurel finds her new role to be a fun opportunity.

Coming from an extended military family including 10 siblings and 26 nieces & nephews, Laurel is Mom to two Shiba Inus -- Miko (nine) and Cara (two). Thrilled to be in back in Colorado, she chose her new home in Singletree to be part of a great community and to build a network of close friends with common interests. Laurel loves to run, hike, golf, ski and spend time with Miko and Cara exploring -- the three are always looking for new companions to share their outdoor adventures. Please join me in welcoming Laurel to Singletree... look for her on trails and on the golf course!

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RECENT SINGLETREE ACTIVITY

Status	Address	List Price	Sold Price	Sold Date	\$/sq.ft.	Sold \$/sq.ft.	Beds	Baths	sq.ft.	Furnished
Sold	45 Hereford Rd (SF)	\$1,025,000	\$955,000	12/7/16	\$300.94	\$280.39	4	5 (2 2 1)	3406	No
UC	931 Singletree Rd #23 (TH)	\$485,000	N/A	N/A	\$341.07	N/A	2	2 (2 0 0)	1422	No
UC	140 Rawhide Rd (DU)	\$669,000	N/A	N/A	\$363.78	N/A	3	3 (2 0 1)	1839	Partial
UC	223 Longhorn Rd #A (DU)	\$739,500	N/A	N/A	\$308.00	N/A	4	4 (2 1 1)	2401	No
UC	120 Chaparral Rd (SF)	\$879,000	N/A	N/A	\$217.68	N/A	5	4 (2 1 1)	4038	No
UC	140 W June Creek (DU)	\$1,125,000	N/A	N/A	\$546.91	N/A	3	3 (2 0 1)	2057	No
UC	41 Prairie Cir (SF)	\$1,275,000	N/A	N/A	\$270.18	N/A	6	6 (3 2 1)	4719	No
UC	1383 Winslow Rd (DU)	\$1,295,000	N/A	N/A	\$376.23	N/A	4	5 (4 0 1)	3442	Full
Active	141 Chaparral Rd (SF)	\$950,000	N/A	N/A	\$257.03	N/A	4	5 (3 1 1)	3696	No
Active	111 Rawhide Rd (SF)	\$999,000	N/A	N/A	\$285.18	N/A	4	4 (2 1 1)	3503	Partial
Active	982 Winslow Rd (DU)	\$1,050,000	N/A	N/A	\$310.47	N/A	5	5 (5 0 0)	3382	Partial

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