

# INSIDE *Singletree*

SEPTEMBER 2019

A SOCIAL PUBLICATION FOR THE RESIDENTS OF SINGLETREE



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This Index has been created to provide an easy reference for you when searching for a trusted neighborhood vendor to use; these local businesses are proud to partner with the community and to make this magazine possible. Take a minute to familiarize yourself with the businesses sponsoring *INSIDE Singletree* and be sure to call on them when you need their products or services. And of course, please remember to thank them for supporting *INSIDE Singletree*!

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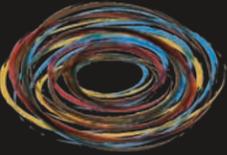
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# HELLO

*Singletree residents!*

**publisher's note**

Welcome to September! In the words of F. Scott Fitzgerald, "Life starts all over again when it gets crisp in the fall." No-where can that be more true than here in our valley; for me personally, there is nothing more crisp than our stunning yellow aspens against a ludicrous blue sky!

Meet Alice Plain and Shelli Fullhart and their adorable Goldendoodle, Indy. Their coincidences are a bit uncanny. Both raised in Indiana, the girls each experienced Vail for the first time with their respective families in 1969, hardly knowing their paths would ultimately cross here in 1997. Today, their lives are filled with all of their favorite activities: golf, skiing, cycling, hiking, hockey, tennis – you name it – and most importantly, the joy of life with Indy.

This issue is packed full of our Singletree residents celebrating the best of September. In anticipation of the five-day Vail Jazz Party over Labor Day weekend, Dave Wilson offers his personal anecdotes from six seasons of volunteering with Vail Jazz, an experience that has awarded his wife, Linda, and him long-lasting friendships with jazz greats Frank Vignola, Frank Pizzarelli and Marcus Miller, to name a few.

Melinda Gladitsch shares the daunting statistics with respect to the reality of Alzheimer's disease and dementia as well as her personal journey with this tragic condition that inspired

her to co-chair the 2019 Walk to End Alzheimer's in Eagle on September 28. And Dr. Lauren Bonati who, as a dermatologist, believes *every* month is Skin Care Awareness Month, provides expertise and advice to protect our skin in recognition of the official Skin Care Awareness Month.

We are thrilled to introduce Belle Ebner as a young Resident Writer in the neighborhood with her inaugural article featuring Hannah Slevin on her Students Shoulder to Shoulder adventure in Kenya. And we get to meet Tavi, an Alaskan Malamute, *not* to confused with a Siberian Husky!

Be sure to join us on September 8 for a full day of neighborhood fun beginning with the Second Annual Battle of the Blocks, followed by the SPOA Ice Cream Social and finishing with the delightful Slide Into Fall, a celebration of the season at the home of Craig and Ingrid Dampier!



So much happening this month...Make it a September to remember!

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# SEPTEMBER contributors

Each and every Singletree resident has amazing interests, passions, and accomplishments to share with friends and neighbors. Your neighborhood publication is not possible without your active and enthusiastic participation; we welcome and appreciate your involvement in **INSIDE Singletree!**

To feature your family, kids, pets, athletic endeavors, volunteer activities, travel adventures or social activities in an upcoming issue; please email [holly.proctor@n2pub.com](mailto:holly.proctor@n2pub.com) to participate in **INSIDE Singletree.**



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**Belle Ebner**  
Resident Writer



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Meet Your Neighbors



**Dave Wilson**  
Celebrating the Arts



**CJ Korell**  
Singletree Stars



**Justin McNulty and Brad Korell**  
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**Melinda Gladitsch**  
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**Dr. Lauren Bonati**  
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If you have worked with a professional and reliable business who you would recommend to your Singletree neighbors, please email your referrals to [holly.proctor@n2pub.com](mailto:holly.proctor@n2pub.com). We would love to introduce these quality businesses to other residents in your community!

# you are invited Don't Miss September 8 IN SINGLETREE!



### BACK TO SCHOOL: BATTLE OF THE BLOCKS

Chip Ramsay Park  
1:30 p.m.

Join us to kick off the school year with your fellow Singletree residents for a little neighborhood rivalry and a lot of fun! Family events may include:

- Hula Hoop Relay
- Giant Pong
- Egg & Spoon Race
- Soccer Kick
- And so much more!

Bring the entire family for an exciting afternoon of friendly community competition!

Snacks and beverages for all ages will be provided.

RSVP for your family with your street address by Tuesday, September 3, 2019, to [insidesingletreersvp@gmail.com](mailto:insidesingletreersvp@gmail.com) or **303-859-3369**. Teams will be formed by neighborhood blocks based on family registrations.

### GOOD OLD-FASHIONED ICE CREAM SOCIAL

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After Battle of the Blocks, head on over to the Pavilion to enjoy a cold sweet treat. A delicious reward following an afternoon of fierce competition!



### SLIDE INTO FALL

Graciously hosted at the home of Craig and Ingrid Dampier  
511 Rawhide Road  
6:00 p.m.-8:00 p.m.

Fall is on its way! Celebrate summer and welcome the new season by joining your Singletree friends and neighbors for a delightful evening! Enjoy socializing, light fare and refreshing beverages on the deck of Craig and Ingrid's home overlooking the golf course.

RSVP by Wednesday, September 4, 2019, to [insidesingletreersvp@gmail.com](mailto:insidesingletreersvp@gmail.com) or **303-859-3369**. Space is limited and available on a first-come, first-serve basis.

## meet your neighbors

Photography by **Olga Barron Photography Inc.**  
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# ALICE, SHELLI and INDY



**W**e are truly living our dream residing in Singletree in our mountain chalet where we have always wanted to live. We are able to be outside and enjoy mountain life every day! This is what we both dreamed of since we were young girls growing up in Indiana. Yes, we both grew up in the middle of the country in Indiana! Shelli from Muncie, IN, and Alice from South Bend, IN. We met in Vail in 1997 through a good friend. Shelli and I were married in Eagle County on October 10, 2015, shortly after we were legally allowed to do so. We quickly discovered we were soulmates and so excited to share our lives together!

Our fathers were avid skiers and each taught their four children how to ski at a young age. The first visit to Vail for both the Fullhart family and the Plain family, coincidentally, was back in 1969. Our parents discovered then, and with many trips to follow, that Vail was a special place with amazing snow! As two girls from Indiana, we both learned to be accomplished skiers and now love spending time together on the slopes.

After graduating from Ball State University, where Shelli competed in both tennis and swimming at the NCAA Division 1 level, she moved to Vail in 1985 to fulfill her dream of being a ski instructor. She could not find a place to live immediately, so she commuted in her blue Firebird every day from Evergreen, CO. After a couple weeks of commuting up to the mountains every day, having to put chains on her car frequently to navigate the snow, she found a place to

live in Avon on Nottingham Lake. Shelli taught at the Golden Peak Ski School for three winters, traveling back to Indiana to work during the summertime. In 1988, Shelli decided to stay home and take care of her ailing mother, who was dying of cancer. Her mom's last words to Shelli were, "Go back to Colorado, where you are happy." Shelli's Mom passed away at the young age of 50 years old. Shelli eventually moved back to Vail in 1997.

I attended Oklahoma State University, where I played on the golf team. Prior to graduating in 1990, I spent the summers living in Edwards. Summers were fairly quiet in the early '90s in the Vail Valley, but I joined the local Vail women's soccer team and raced weekly in the local "Snug" mountain bike series as well as worked at the then Singletree golf course. I decided after a short month of living here, this was the community for me. Where else can you have an endless playground out your front door? I could not believe how everyone was so active!

Following graduation, I packed my car in Stillwater, Oklahoma, and drove straight to Vail. I would continue working at the Singletree golf course

during the summers and teach skiing at Beaver Creek in the winters. I was living my dream! My sister lived in Evergreen at the time and introduced me to so many mountain activities including hiking 14'ers and riding the Triple Bypass. I rode my first Triple Bypass in 1992; at the time, about 75 riders were participating in this ride from Evergreen to Vail with little support along the way. My sister also took me up my first 14'ers, Grey's and Torrey's, the same summer.

I was hooked on Colorado living. I joined the Vail Breakaways Women's ice hockey team in 1991, playing for 15 years on the team. We even made a trip to China in 1996 to compete against the Chinese National Team. The friends I met on the team became lifelong friends. Hockey is a big part of my Vail life. I went on to volunteer as a coach for the MWWL/Beginner-Intermediate league in Eagle and more recently, have coached the Vail Breakaways. I now volunteer coach with the girls' hockey program at Dobson Ice Arena in Vail.

In 2006, I was diagnosed with MS, multiple sclerosis. At the time, I was the Head Golf Professional at Eagle Ranch Golf Course. This was a real shock to

both of us, being that I was so healthy, active and athletic. I was asking a lot of questions. How could this happen? What does this mean for my future? Will I be able to ski? Will I be able to golf? This was a scary time for both of us. I could not feel anything from my mid-section down my legs and through my feet. I had a hard time walking around the block.

A few years later, we attended the five-day Can Do program through the Jimmie Heuga Center for persons and spouses with MS. This was a life-changing experience. We learned so much about the disease and what our future may look like. We even met Jimmie Heuga, who, to this day is one of my heroes. He changed the face of MS in this country. Now having lived with this disease for 13 years, I have been able to manage well and enjoy most everything I like to do. Jimmie's motto was "It's what you CAN DO - not what you can't do." I appreciate every day and live each day to the fullest! Shelli and I rode in the MS150 bike ride from Westminster to Fort Collins several years in a row; this is the largest fundraiser in Colorado for the MS Society.

Fast forward to 2011, Indy came into our lives. Shelli's aunt and uncle brought Indy on a plane from Indianapolis to Colorado when she was 8 weeks old. Indy has enriched both our lives so much; she loves to join us on our daily hikes on the Mesquite Trail. Prior to becoming dog owners, we never understood why everyone seemed to have a dog here in the Valley. Now, we get it! What joy Indy brings to our lives every day!



•••

Shelli and I have worked hard to build a life together and to have successful careers in the Valley. I have worked at several of the public golf courses in the Valley, earning my PGA credentials in 1996 and am currently the director of golf at the Vail Golf Club. Shelli has been teaching in Eagle County since 2000. Over the years, Shelli has made a positive impact on hundreds of local children.

She started the 5th-grade Biathlon at Brush Creek Elementary in 2001. This is a run-bike-run competition for the 5th-graders to help build their self-esteem for the future in middle school and beyond. Shelli makes sure that every child has a bicycle, and if they do not have one, she finds a bike for them. This has become a community event with the help of many volunteers, as well as the

Town of Eagle police and fire departments. Each year of the event, numerous alum from Brush Creek come back to help with the race and cheer on the 5th-graders.

Shelli and I enjoy getting out in the mountains together, whether it's hiking, biking or skiing. We would not want to live anywhere else in the valley but Singletree. We love this community! The long days of sunshine are a blessing. The friends we have made here in the neighborhood are amazing and we hope to stay here for many years to come.



Get to know your neighbors by featuring your family in the next available issue! Email [holly.proctor@n2pub.com](mailto:holly.proctor@n2pub.com) to share your family story with your community.

Though inventory remains low, activity in Singletree has increased now that it's summer!



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Status	Address	Property Type	List Price	Selling Price	\$/sq.ft.	Selling \$/sq.ft.	Beds	Baths	Sq.Ft.	Furnished	Selling Date
Under Contract	840 June Creek Rd #N	Duplex	\$795,000	--	\$411	--	3	3 (2 0 1)	1,936	Fully	--
Under Contract	10 Rowel Dr	Duplex	\$920,000	--	\$415	--	4	3 (3 0 0)	2,218	Unfurnished	--
Under Contract	825 Charolais Cir	Single Family	\$1,050,000	--	\$279	--	5	4 (4 0 0)	3,762	Unfurnished	--
Under Contract	921 June Creek Rd #North	Duplex	\$1,285,000	--	\$581	--	3	4 (2 1 1)	2,213	Unfurnished	--
Under Contract	161 Pinto Dr #B	Duplex	\$1,295,000	--	\$363	--	5	5 (5 0 0)	3,569	Unfurnished	--
Under Contract	1000 June Creek Rd	Single Family	\$1,549,000	--	\$358	--	3	3 (2 1 0)	4,323	Partially	--

\*Data 6.13.19 - 7.13.19

Featured properties may not be listed by the company/broker presenting this brochure. Source MLS | Supplied by Slifer Smith & Frampton Real Estate



celebrating  
the arts

Contributed by **Dave Wilson**,  
Singletree Resident

# Dave and Linda Wilson:

**Up Close and  
Personal with  
VAIL JAZZ**



Russell Malone and Dave in  
Lionshead

**7:40 am.** It's a summer Thursday and as a Vail Jazz volunteer, I am in the lobby of a hotel in the Village, waiting to take Grammy awarded bassist Marcus Miller and his manager, Rue, to the TV8 studio in Avon for Marcus's early morning TV spot.

**8:00 am.** TV8's Mark Sassi, another Singletree resident, is interviewing Marcus off-camera preparing for the upcoming live interview session which is minutes away.

**8:20 am.** The spot goes on, flawlessly as usual.

Marcus and I had hit it off great! When he found out that I too was a jazz guitar player, we began to share stories and discovered that we had both had the great fortune to interface with Joe Beck - me as a student and he as a performer. In addition to the commercial jingles Marcus played with Joe, he shared with me many funny stories about his early years as one of the original members of the *Saturday Night Live* band...including what it was like to be around John Belushi and the other cast of characters!

On another occasion, I am at TV8 again with two musicians, this time, they are playing their instruments and wouldn't you know?



Dave and Markus Miller outside the TV8 studio in Avon.

One of them is trombonist Steve Turre, who is a *current* member of the SNL band and has been since the mid-'80s. In casual conversation, we realize that Steve lives within a mile of where I grew up in New Jersey and I easily identify his home in the neighborhood. Talk about a small world...!

In addition to Marcus and Steve, I have been fortunate to have the opportunity to drive a number of other jazz artists to their TV spot. Albeit that all of these musicians are so talented, I have come to learn that they are also approachable, humble and thankful - not to mention fun to be around. There must be something special about making music and what it does to your soul!

For the past six seasons, my wife, Linda, and I have assisted Vail Jazz during the summer sessions at Lionshead as well as the big Labor Day weekend jazz party, where we can be seen scanning tickets, ushering guests and assisting the musicians themselves. Linda has also participated on the Advisory Board, which is largely focused on budgets, financial reporting, marketing strategy and the like. My involvement has centered around not only transporting musicians to and from TV spots, but personal interaction with the artists as well, which has been a blast! A ride to Eagle Airport is a totally different experience when you are driving John Pizzarelli to his flight on a private plane!



Dave attends the Jazz Workshop Faculty dinner with John Clayton, 8 time Grammy Award nominee.

Linda and I have enjoyed getting to getting to know the Jazz Workshop faculty as well, led by John Clayton, eight-time Grammy Award nominee, and his team of great educators. During the 10-day workshop and especially during the five-day Vail Jazz party, it becomes a bit of a homecoming event for us with a lot of hugs, handshakes and laughter reuniting with everyone again over the weekend.

If I was asked about the most notable moments during the tenure of our involvement with Vail Jazz, I would reply that there have been many memorable situations, but off the top of my head, two immediately come to mind. More specifically...

Two years ago, as part of the Jazz Workshop, I was asked to take four or five of the 12 Workshop students to a televised spot at TV8. While driving from the Workshop headquarters in Vail to the studio, I found myself being their surrogate dad. We talked about why we needed to turn off cell phones, observe protocol during broadcasts, and what to watch for in the studio. Their performance spot went supremely well, as expected, but when these young musicians observed how the weather is reported in a live studio, i.e. the way the weather presenters stand in front of a blank screen while the weather images on the monitors are broadcast to viewers, they were mesmerized! While they were excited enough during the ride to the studio,



Frank Vignola's two rescue guitars from Dave's collection.

they were absolutely wide-eyed and bewildered after their first experience in a working TV studio. As a host, that was a truly fun morning!

Another memorable incident that was a bit, or even a lot, out of the ordinary, occurred during one of the winter series events a few years ago at Cuci-na at the Lodge at Vail. Frank Vignola, one of my favorite guitarists, is a renowned musician who was traditionally one of Les Paul's young sidemen when Les played his weekly gig at the Iridium in NYC. It was late the afternoon of his show here and I was receiving frantic text and phone calls to call the Vail Jazz office - it was URGENT.

I soon learned the neck on his guitar had been broken during the course of his travels. Frank was concerned that he would have to cancel the gig. Two hours before showtime, Robin Litt, then executive director and Singletree resident, and Frank showed up at my house. Moments later, Frank and I were downstairs in the den and he test played four or five of my jazz guitars. Ultimately, Frank and Robin loaded two of my favorite guitars and my jazz amp into her car and off they went! We all drew a sigh of relief and the gig went on an hour and a half later...

I knew Frank and the Vail Jazz staff were all appreciative that the gig was not canceled, but I was particularly moved when Frank returned my guitars. Having always felt that restringing any one of my guitars was a chore, I was especially grateful when Frank returned my guitar with a set of new high-end strings. It was a win-win for all! The following year, Frank's rhythm guitarist, Vinnie Raniolo, came into town to play with Olli Soikkeli. When he saw me, he exclaimed, "I remember you!" And he handed me a nice set of guitar strings as a further thank you. Talk about character in these musicians!

...



John Pizzarelli at Vail Jazz in July.

...

In addition to the “normal” volunteering that we do, we have hosted a few high school students who have participated in the 10-day Vail Jazz Workshop. This highly regarded program is now in its 24th year! Twelve of North America’s most gifted and promising high school-aged musicians are selected annually from a much larger pool of very talented applicants to receive a Vail Jazz Workshop scholarship. Since its inception, the Workshop has mentored 274 young musicians. As noted by founder Howard Stone and James Kenly, the executive director of Vail Jazz, either by anecdote, reputation or word of mouth from students and professionals alike, the 12 annual slots at the Vail Jazz Workshop are among the most coveted music scholarships in the country for pre-college jazz musicians.

The 274 Workshop alumni to date have garnered recognition at all levels of the music industry. Howard and the staff at Vail Jazz recently tabulated that alumni of the Workshop have contributed to over 100 Grammy-nominated projects! That is an amazing statistic and is not really a huge surprise as some of the notable faculty have been Grammy nominees or award winners themselves. If any of our readers are inclined to host or are asked to do so, as many other Singletree residents have done, we highly recommend the experience. And should you ever be fortunate to get to know one of these young musicians, you may indeed be hosting a future Grammy award winner and will then be able to say, “We knew them when...” You just never know!



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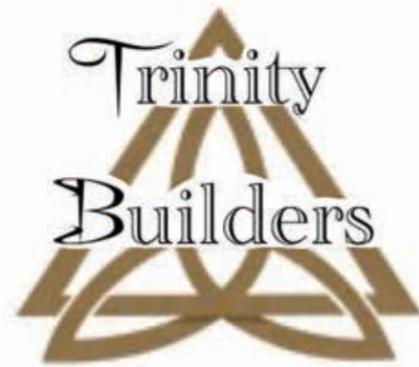
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**singletree stars**

Contributed by **CJ, Brad Korell and Justin McNulty**,  
Singletree Pet and Residents



The Fourth of July parade is always a highlight of the holiday in the Vail Valley. This year, CJ Korrell enjoyed her perch atop the Red Lion float and decked out in appropriate costume for the occasion!

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Signed, Tax Saver*

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Leslie



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# Melinda Gladitsch LEADS THE CHARGE

Join the Walk to Fight Alzheimer's on September 28

I am willing to bet that everyone who reads this article has a personal connection to Alzheimer's disease or dementia; a parent, spouse or friend who is either suffering directly or indirectly as a caregiver. Today, 5.8 million Americans are affected and that number is expected to grow to 14 million by 2050. One in three seniors will die from Alzheimer's or dementia. Alzheimer's and other forms of dementia kill more people each year than breast cancer and prostate cancer combined, yet it is the only disease in the top 10 causes of death with no cure, prevention or treatment. In addition to those directly impacted, an estimated 16 million Americans are providing unpaid care valued at over \$230 billion. By 2050, Alzheimer's and other dementias are estimated to cost the nation \$1.1 trillion!

There is no question that Alzheimer's is a costly disease, but the emotional toll can't be quantified. I lost my mother to Alzheimer's in 2017 after an agonizingly slow six-year decline from a vibrant go-getting woman to a mere shell of herself. Initially, she was aware of her cognitive decline and was frustrated and anxious all of the time. She developed some coping mechanisms to mask it from anyone who didn't know her well but those close to her could see the changes in personality and behavior. It began with forgotten appointments, misplaced items, kitchen "close calls" and repeat purchases of things she already had, but evolved to include severe anxiety, depression and paranoia.



As the disease progressed and the end neared, she had no quality of life or will to live. She had moved from her home to assisted living to skilled care and finally to hospice. As I sat by her side in the hospice facility, I held her hand, sang her favorite hymns and watched my mother die a lonely, frightening death without dignity. This is why I decided to get involved with the Alzheimer's Association. Contrary to what most believe, Alzheimer's is not a normal part of aging; it is a progressive brain disease and we must find a cure so that millions are spared this painful experience.

The timing of my mother's death coincided with my retirement from a 30-plus career in the advertising agency world. I clearly needed something to do with my excess time and energy and decided that volunteering with the Alzheimer's Association to help find the cure was perfect. In mid-2018, I learned that a group of people were organizing the first Walk to End Alzheimer's in the Vail Valley. Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

The first-ever 2018 Walk to End Alzheimer's in the Vail Valley was

a tremendous success. In just six months' time, a team of very passionate, dedicated people pulled off an event with 430 participants raising over \$80,000. I was so inspired that I decided to step up to co-chair the 2019 Walk and have been working with an outstanding team of volunteers and Alzheimer's Association staff from Denver since January to organize, fundraise and increase awareness for the second annual Vail Valley Walk to End Alzheimer's, being held on September 28 at Brush Creek Pavilion in Eagle.

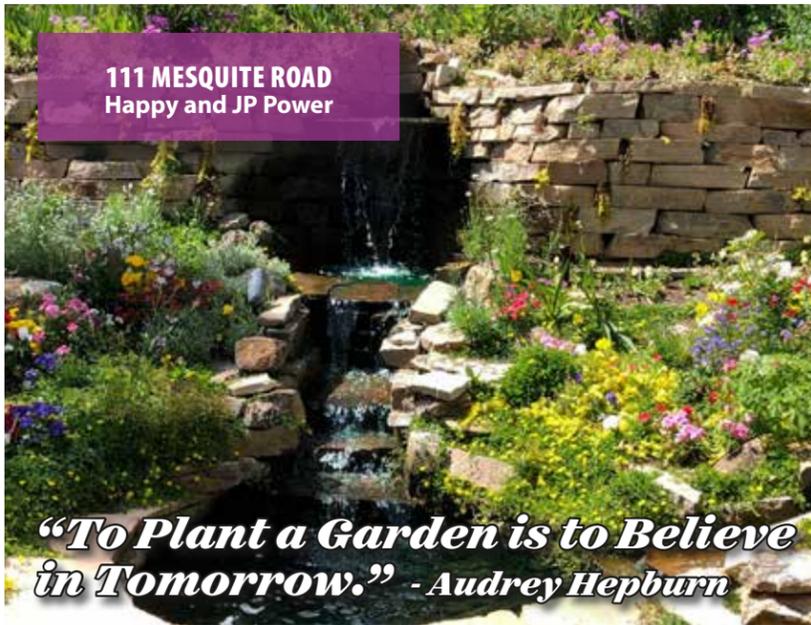
Our event is the only Walk between Denver and Grand Junction so one of our goals this year was to expand the reach from Summit County through Glenwood Springs and we are happy to report that we have volunteers and corporate sponsors along the I-70 corridor. Our volunteer team also includes several residents of Singletree. Linda Hill, Betsy Nevin, Renee Strong, Carri Tedstrom, Nancy Bell-ingrath, Tricia Swensen and, of course, my husband Tom have all played a vital role.

I believe the first survivor of Alzheimer's has been born. Currently, the Alzheimer's Association is investing over \$165 million in more than 450 research projects in 25 countries. Since awarding their first research grants in 1982, the Association has invested over \$455 million in nearly 3,000 scientific investigations, funding some of the most instrumental research in Alzheimer's science.

We can end this disease by working together to raise awareness, advocate for funding at the state and federal levels, encourage corporate and personal donations, volunteer for clinical trials or simply be a shoulder to lean on when a friend or family member is suffering from Alzheimer's. I hope you will all join us on September 28 by walking or donating to help to increase the level of Alzheimer's awareness, and fund the support, care and research so desperately needed. It's easy to register. Just go to [alz.org/walk](http://alz.org/walk). And, we'd love to have you join the team of volunteers! Just give me a call at 970-471-0175 or drop me an email at [gladmeling@gmail.com](mailto:gladmeling@gmail.com). Together, we can end Alzheimer's disease!

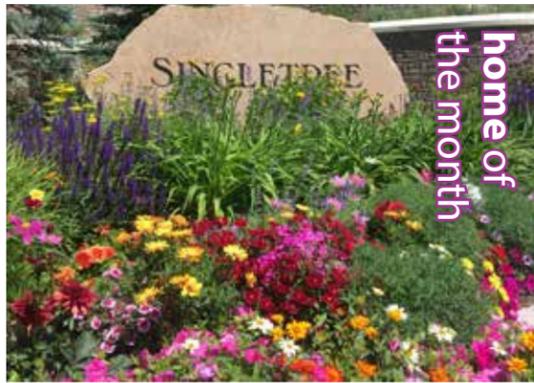


Are you passionate about a special cause? Do you know someone who is committed to a particular non-profit or charity? Email [holly.proctor@n2pub.com](mailto:holly.proctor@n2pub.com) to recognize the people in your community who are making a difference.



**111 MESQUITE ROAD**  
Happy and JP Power

*“To Plant a Garden is to Believe in Tomorrow.” - Audrey Hepburn*

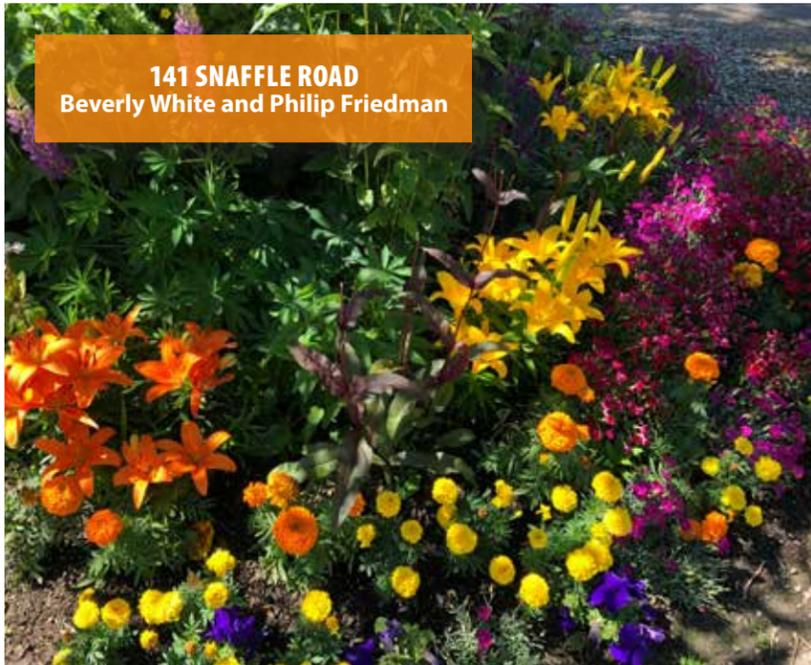


home of  
the month



**423 RAWHIDE ROAD**  
Diane and Tim Covello

*Come mid-July, Singletree is virtually ablaze with color. Not only do brilliant landscapes don the entrances to the neighborhood and every street corner, but each road offers a new breathtaking experience featuring vibrant yellows, purples, oranges, reds, pinks and every shade in between. Thank you to these residents for sharing these special places in their heart and home.*



**141 SNAFFLE ROAD**  
Beverly White and Philip Friedman



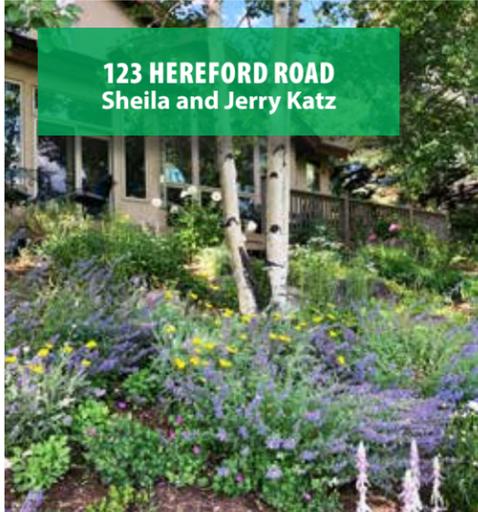
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Candy and George Knox



**341 RAWHIDE ROAD**  
Lori and Bob Brown



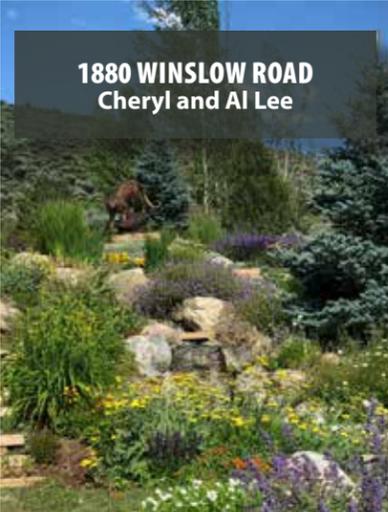
**580 WINSLOW ROAD**  
Melanna Marcellot and Bryan Coffey



**123 HEREFORD ROAD**  
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# SEPTEMBER IS NATIONAL SKIN CARE AWARENESS MONTH!

September is “National Skin Care Awareness Month,” but as a dermatologist, I believe *every* month is Skin Care Awareness Month! As the largest organ in the body and an indicator of overall health, the skin and its numerous manifestations have always been an interest of mine.

My passion for dermatology began in medical school when a Mohs surgeon (skin cancer surgeon) allowed me to shadow his clinic. He introduced me to the breadth of dermatology, including surgical, medical, and cosmetic procedures. As I progressed in my medical training, I learned more about the incredible variety of skin conditions that reflect what is going on inside the body, whether it be signs of immune dysfunction, internal cancer, infectious disease, childhood rashes or signs of physiologic aging. In short, dermatologists treat the whole body, from cradle to grave.

While my current practice at Mountain Dermatology Specialists is focused on Mohs surgery for skin cancer and laser/cosmetic procedures, I also enjoy treating medical skin conditions in patients of all ages. I continue to lecture at national conferences, teach at universities, and publish scholarly articles. This allows me to stay up-to-date on the latest technology and innovations in dermatology – a career must for this lifelong learner!



Singletree residents having fun at the Mountain Dermatology Women's Wellness and Technology informational event

Keeping in line with these academic goals, I have since spear-headed a new research division at Mountain Dermatology Specialists. Working with exciting, cutting-edge companies allows us to investigate novel products and energy devices for better skin health. This leads to the advancement of the field and new products brought to market. I am proud to serve the community in all of these facets and have found Mountain Dermatology Specialists to be the perfect place for my creative energy, academic interests, and love for this community.

Because every month should be “Skin Care Awareness Month,” here are my top five tips for maintaining healthy skin in the mountains!

**1. Sunblock, Sunblock, Sunblock!** Living at high altitude puts us at higher risk for excess UV exposure. Even in the winter months, sunburns, skin cancer, brown spots and wrinkles contribute to an unhealthy and aged appearance. Look for the active ingredients, zinc oxide and/or titanium dioxide. Zinc and titanium are naturally occurring minerals that won't irritate or get absorbed into the skin. Plus, they protect against a broader spectrum of the sun's rays. Formulations of zinc oxide that won't leave you looking pasty white include Elta MD (doctor's office only), Neutrogena

Ultra Sheer, and CeraVe Invisible Zinc, though many more abound. Remember to encourage healthy skin habits in your kids too, because as a mentor of mine once said, “Nothing looks better in your 50s than sunblock in your 20s!”

**2. Consider UPF clothing.** Sunblock only lasts two hours, so eliminate sunblock all together by donning UPF (Ultraviolet Protection Factor) clothing. Lightweight shirts, pants, bathing suits, hats, and even cute dresses have been specially designed for outdoor enthusiasts wanting extra sun protection. Options abound on Amazon or in sports apparel stores like Patagonia, but my family and I love the companies Coolibar and SwimZip. Let's just say everyone knows who the dermatologist's daughter is at the beach or pool when she flaunts her adorable head-to-toe bathing suit! Don't forget to apply sunblock to non-covered areas like your hands, ears, and top of the feet.



**3. Grease up!** Itchy, dry, skin happens to everyone, but it's especially hard to stay moist in our dry mountain climate. Twice-daily moisturizer (morning and evening) is the key to moist, supple skin, but the moisturizer you choose makes a difference too. Greasy ointments or thick creams with a lipid base are best for locking in moisture. Lotions are water-based and evaporate too quickly. My favorite ointments are Aquaphor Healing Ointment or plain Vaseline, but for those desiring a less sticky option, look for fragrance-free brands that make “creams,” such as Vanicream, Eucerin, CeraVe, or Cetaphil. Extra tip: If you suffer from ski-induced windburn or sun-chapped skin, apply a thin film of ointment to your face before heading up the hill.

**4. Antioxidants are king!** In addition to facial sunblock, the use of a daily antioxidant has been proven to help prevent sun damage today and reverse the sun damage of yesterday. Antioxidants also brighten the skin tone and reduce the appearance of brown spots. There are several options that include ingredients like Vitamin C and Vitamin E, but choose one that employs real science to prove that it works. I personally alternate between Skinceuticals CE Ferrulic and SkinBetterScience Alto.

**5. Laser me!** Lasers were first developed by dermatologists in the 1980s to treat vascular lesions in babies. The field has advanced dramatically over the last 40 years, but the advent of fractional technology has revolutionized the field. Lasers can now remove brown spots, facial redness, and even precancerous lesions! Strategically, it's best to undergo treatment each fall, after the summer sun has had its way with your skin.



Dr. Bonati and the team at Mountain Dermatology. Photo courtesy of Olga Barron Photography Inc.



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**WHAT IS HAPPENING IN SEPTEMBER...**

Vail & Beaver Creek Fall Restaurant Week  
September 27<sup>th</sup> to October 6<sup>th</sup>

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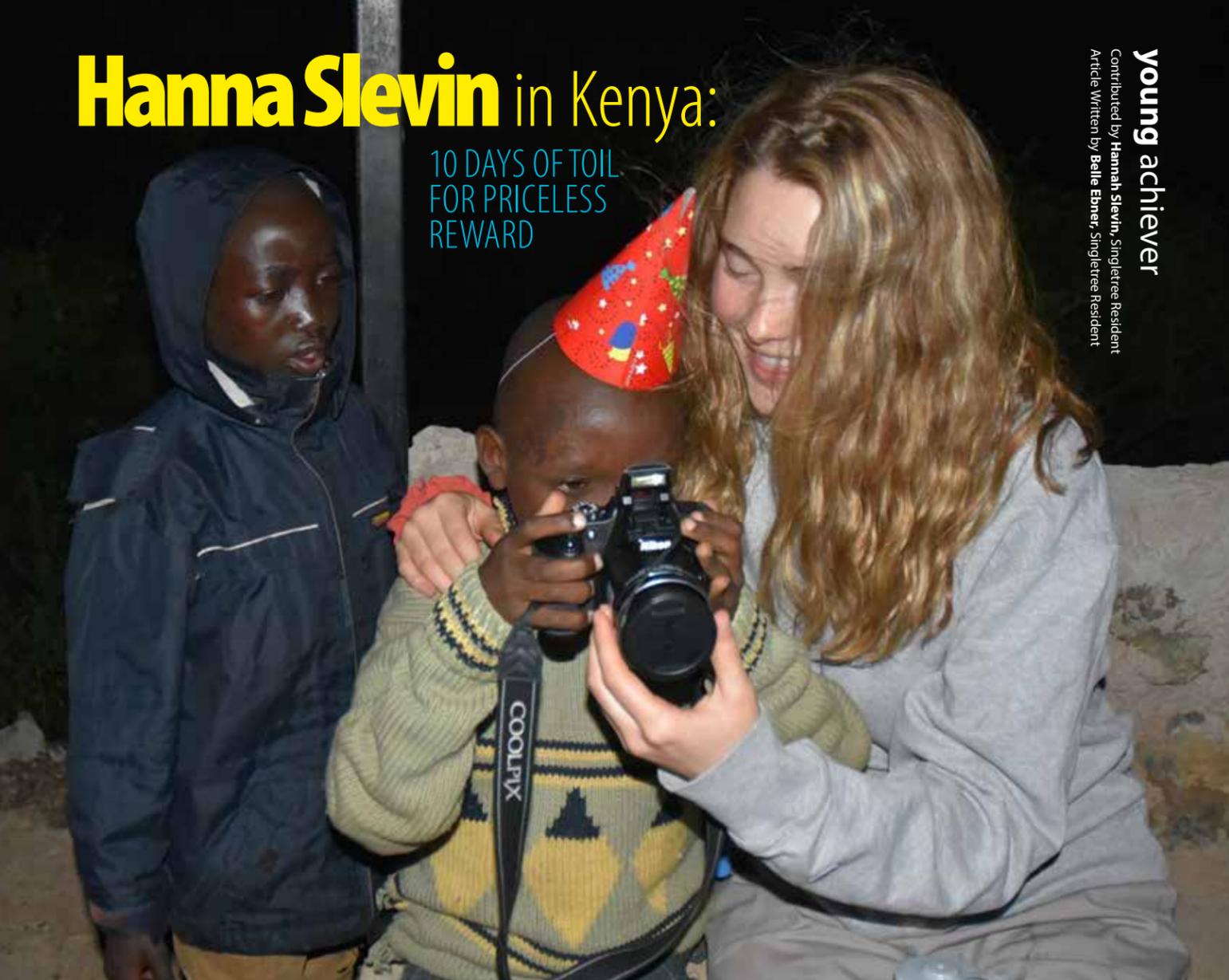
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# Hanna Slevin in Kenya:

10 DAYS OF TOIL  
FOR PRICELESS  
REWARD

Young achiever

Contributed by Hannah Slevin, Singletree Resident  
Article Written by Belle Ebner, Singletree Resident



Let us know about an amazing young adult in the neighborhood doing great things! E-mail [holly.proctor@n2pub.com](mailto:holly.proctor@n2pub.com) to nominate a friend or neighbor!

The children's home welcomed him with sweet and open arms, gave him an education, and an opportunity to pursue his intelligence. The child's perseverance was a revelation, a more personal take on the severe poverty that settles in Kenya. Forty-two percent of its population of 44 million live below the poverty line. Some aspects are apparent: the lack of sufficient shoes or clothes, the overpopulated slums, and lost children. Yet some aspects of our everyday life that we largely take for granted — health care, education, clean water and sanitation — are a luxury for many and yet an unfailingly present aspect in the lives of the fortunate...Hanna had the opportunity to witness these living conditions and do something to help, donating her positive and caring energy while utilizing her fortunate position.

Towards the end of her trip, Hanna did a homestay with a local Kenyan family to experience firsthand the lifestyle and culture of a Kenyan family. They were more prosperous than many of the surrounding families, graced with a farm, comfortable beds, and open minds to connect with Hanna on a genuine level. Hanna learned of

the controversial political debates surrounding her home, the U.S., and Africa. She was not tentative in trying new cuisine, rather welcoming it with open arms as she did the people around her.

Subsequent to the homestay, Hanna traveled to a safari and observed in awe the distinctive and electrically dangerous animal kingdom inhabiting Kenya. Elephants, giraffes, lions, leopards, and zebras, free to be in the wild and not confined to any cage.

The extreme levels of poverty in Kenya exacerbate a sort of cage, confining a willing and passionate spirit to a life of disbelonging and hunger. Hanna donated her time and energy to help lift this burden, to understand and sympathize with a situation hard to even fathom. Fifty hours of hovering overseas, Kenya stretching and pulsating in the hazy distance until it no longer exists and she closed her eyes. Hanna was back home, but had developed a hunger of her own: To continue her experience in Kenya through fundraisers, clothing drives, anything to give back to such an impactful and beautiful place.



After months of preparation, packing, and precautions, Hanna stepped out of the slippery airport doors into the constant arid heat of Kenya. She came with Students Shoulder to Shoulder, and her trip was centered primarily in a village outside of Meru, a rapidly expanding town in the foothills of the expansive Mount Kenya. Upon arrival at Kithoka Amani Children's Home, Hanna toiled to construct a guest house in what would amount to ten days. Ten days of sweat, labor, culture, experiences, friends, family, of amazing stories from some of the most versatile and impenetrable people. She gave her physical and mental energy for days, yet in return was rewarded invaluablely.

One child from the home had been abandoned by his family to live in a chicken coop. He reached out in anguish and distress to distant relatives and even a bishop willing to take him in only to eventually discard him. He was too much of a burden for anyone. Homeless and starving, he stumbled upon Dr. Karambu, the founder of the children's home. He finally obtained a crucial component needed to survive: Human connection.



**precious pets**

Contributed by **Tavi and Jill Flanagan**,  
Singletree Pet and Resident

My  
Favorite  
**FOOD**  
is  
Popcorn!



My favorite place to go is the cabin. It is over in Summit County and is dog paradise. I get to run free all the time that I am there. One time I saw a moose though, and they scare me so I like to go inside then. I am really friendly so feel free to say hi to me when you see me out on one of my walks.



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Hello! I am an Alaskan Malamute, not to be confused with a Siberian Husky. I am bigger and my kind only have brown eyes. My name is Tavi, short for Taveuni, an island in Fiji that my parents have been to; maybe that's how I got my love of water. I love water in all forms, but snow is the very best.

You may have seen me around the neighborhood. I wheedle a lot of walks. I "woo woo" at my parents in order to get them to take me. My best friend's name is Gus. One time I stole one of his toys. I thought I was so sly, I even hid it in my doghouse; my mom caught me though and I had to give it back. I even tried to look natural, lying on my dog bed; none should have been the wiser.



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*the night's so Bright,*  
YA GOTTA WEAR SHADES



The mid-July night proved to be a quintessential summer evening in Singletree abound with sunshine, picnics and smiles. The Music in the Park concert featured the sound of Turntable Revue, with the brother and sister duo, Joe Bianchi and Terry Armistead performing songs from the '60s to today. Thank you, SPOA, for a fun-filled night of music and neighborhood camaraderie!





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