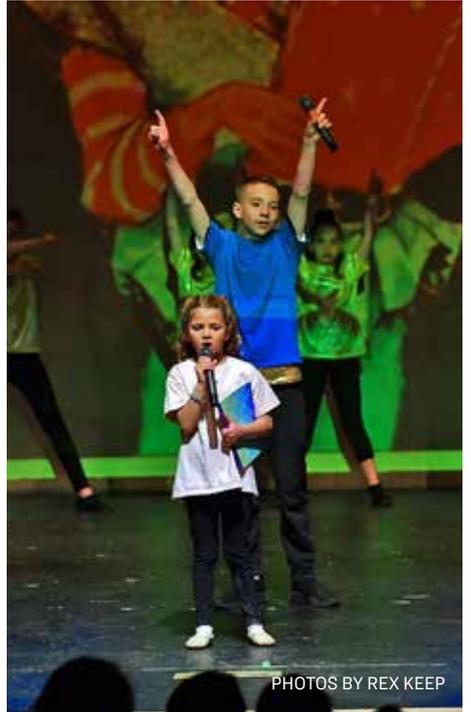
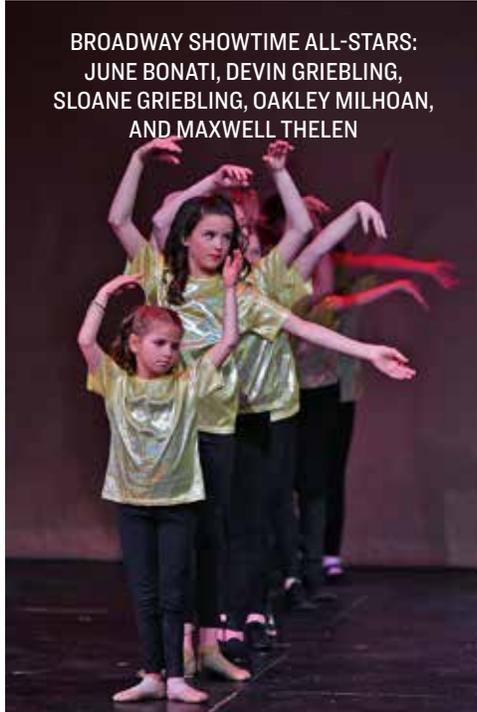


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*Singletree*

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**NOTE:** When community events take place, photographers may be present to take photos for that event, and they may be used in the publication.



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# HELLO, SINGLETREE RESIDENTS!



Welcome to a jam-packed June issue of *Stroll Singletree*! It's hard to know just where to begin...

This month's cover kicks things off with a different twist as we introduce 5 neighborhood kids who shine on stage in the Vail Performing Arts Academy production of *Broadway Showtime*. June Bonati, Devin Griebing, Sloane Griebing, Oakley Milhoam, and Maxwell Thelen bring unbridled energy and enthusiasm to the stage featuring a revue of Broadway numbers. Hats off to an amazing show!

Next, we bring memories of paradise back to Colorado from 27,601 miles away in the Seychelle Islands. The adventure was inspired by Craig's desire

to introduce Ingrid to a part of his past dating back to his Navy days in 1973. The Seychelles did not disappoint and Ingrid and Craig enjoyed beach time, touring, wining and dining in this magical place.

Speaking of the 70s, Jeanne Fritch recalls her parents' purchase of the Sitzmark Lodge in Vail in 1974. When the family relocated from Illinois, Jeanne's mother, Helen, brought with her a green thumb and her passion for gardening. Little did she know that her hobby would ultimately bloom into the founding of the Betty Ford Alpine Gardens. As a member of the Board, Jeanne Fritch carries on her mother's vision to this day.

While many of us thrive on the mountain lifestyle that offers so many fun activities, there is an underlying risk in many of the adventures we undertake. When tragedy hits, the first concern is most often physical injury, but sometimes a far more serious outcome goes undetected: a traumatic

brain injury (TBI). *Heads Up for Hope* is a local non-profit led by Singletree residents Steve Lucido and Diane Smooke, together with three other Eagle Valley residents, who are focused on brain injury and the devastating effects it can have both on the survivors and their caregivers.

With summer comes fitness and well-being and we highlight two of our outstanding sponsors: Dr. Adam Holen at Avail Soft Tissue & Spine and Kacee Picot of Kacee Picot Hypnosis. And let us not forget, we also recognize Hannah Rollins' patriotism and we meet smiling Rodee!

All this and more in this edition of your Singletree magazine!

Enjoy!



*Holly Proctor*  
Area Director  
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## YOU ARE INVITED

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Light fare will be provided by The Grazing Fox.

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# JUNE CONTRIBUTORS

Your personal Singletree publication is **BY YOU** and **FOR YOU**. It is not possible without **YOUR** stories and photos! Our Singletree residents look forward to getting to know the families, kids, pets, athletes, travelers, and volunteers in the community every month. Email [holly.proctor@n2co.com](mailto:holly.proctor@n2co.com) to contribute to an upcoming issue of your neighborhood magazine.

 <b>Olga Barron</b> Photographer	 <b>Deb Robbins</b> Content Advisor	 <b>Tim Swift</b> Resident Writer	 <b>June Bonati</b> Celebrating the Arts	 <b>Devin Griebling</b> Celebrating the Arts	 <b>Sloane Griebling</b> Celebrating the Arts
 <b>Oakley Milhoan</b> Celebrating the Arts	 <b>Maxwell Thelen</b> Celebrating the Arts	 <b>Annah Scully</b> Singletree Stars	 <b>Dr. Adam Holen</b> Sponsor Spotlight	 <b>Ingrid Dampier</b> Travel Tales	 <b>Rodee Sherman</b> Precious Pets
 <b>Kacee Picot</b> Sponsor Spotlight	 <b>Jeanne Fritch</b> Who's Making a Difference	 <b>Carol Lovell</b> Who's Making a Difference	 <b>Steve Lucido</b> Who's Making a Difference	 <b>Diane Smooke</b> Who's Making a Difference	 <b>Hannah Rollins</b> Young Achievers

YOU ARE INVITED

## Flamingo Friday is BACK!

Kick off your weekend with your Singletree friends and neighbors

**FRIDAY, JUNE 23, 2023**  
**5:30 P.M. - 7:30 P.M.**  
**GRACIOUSLY HOSTED BY LESLIE GROOTERS**  
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Summer is here and the flamingos are back! Join us for a casual Friday afternoon neighborhood Happy Hour. Beverages and light snacks will be provided by your host or feel free to BYO.

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Arrow Insurance Management, Inc. has been serving our mountain communities since 1971. We have offices in Avon, Frisco & Breckenridge with local agents who have many years of combined insurance experience. The Avon office has been in the Eagle Valley since 1985. Our agents are locals who are active in the community and enjoy many of the adventures mountain living brings. Whether we are exploring the outdoors hiking, biking & skiing, or attending community events, you are likely to see one of our faces.

Our agents in Avon are very knowledgeable and have over 50 years of combined experience in both personal and commercial insurance. Arrow Insurance understands our diverse mountain communities and the unique risks that arise in our area. We start with providing exceptional customer care beginning with an assessment of your needs. Let us help ease the confusion and uncertainty many face with their insurance challenges.

We understand insurance can be complicated. As an independent agency, we can find the perfect product to fit your needs and help you understand your coverage. Our agency works with many different insurance carriers to

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## JOHN TYLER

### SLIFER SMITH & FRAMPTON REAL ESTATE

John moved to Vail from Rochester, NY in 1978 when he was twelve years old and graduated from Vail Mountain School in 1984. He earned a BA in English from Hamilton College in 1988 and then spent the next two years teaching English in Osaka, Japan. Following a third year traveling around the World he relocated to San Francisco to begin a career in international business.

After working with a large Japanese firm in the international logistics arena for five years, John and his new wife Danie moved to Denver in 1995 where John started a new business representing a British company specializing in the world of polymeric repair products and techniques for power plants, dams, wastewater facilities, air force bases

and office buildings. He ran this business for eight years.

Two young children and inherent love of the mountains convinced John and Danie to move back to Vail in 2004 to join Slifer, Smith & Frampton Real Estate and begin his real estate career under the tutelage of Rick Pirog and his mother, Carroll Tyler. Since that time, he and Rick have successfully closed over \$870 million in residential transactions through 2022. John and Danie have also resided in Singletree since 2004, currently living at 47 Buckboard Road, where you will frequently find them walking their dog Titus, chatting with neighbors and always trying to make Singletree a better place for everyone.

To reach John, please email [jtyler@slifer.net](mailto:jtyler@slifer.net) or call **(970) 904-0355**.

What business do you know that would benefit from reaching their ideal clients in Singletree? If you have worked with a professional and reliable business that you would recommend to your Singletree neighbors, please email your referrals to [holly.proctor@n2co.com](mailto:holly.proctor@n2co.com). We would love to introduce your favorite businesses to other residents in your community!



# Backstage with the Broadway Showtime All-Stars

CONTRIBUTED BY JUNE BONATI, DEVIN GRIEBLING, SLOANE GRIEBLING, OAKLEY MILHOAN, MAXWELL THELEN, AND ANNAH SCULLY, SINGLETREE RESIDENTS

Vail Performing Arts Academy (VPAA) recently celebrated 28 years of providing exceptional arts instruction to local students aged 8 to 16. Our latest production, *Broadway Showtime*, showcased VPAA's commitment to excellence and personal transformation, bringing a vibrant cultural experience to the mountain community while providing an essential creative outlet for children and their families.

Under the acclaimed expertise of Annah Scully, Executive Producer and Founder of VPAA, our Artistic Director, Colin Meiring, and our devoted staff, VPAA's approach to instruction is designed to help every student shine and be their best. VPAA fosters inclusivity, lasting friendships, and a collaborative and nurturing environment where students gain confidence, develop skills, and make lifelong memories.

Five Singletree kids performed in the *Broadway Showtime* production: June Bonati, Devin Griebing, Sloane Griebing, Oakley Milhoan, and Maxwell Thelen. Here we go backstage and get a glimpse into what makes VPAA such a special experience for these cast members – whether *Broadway Showtime* was their first production or the most recent of many.



## JUNE BONATI

**What was your first show in VPAA?** Broadway Showtime in 2023.

**What inspired you to join VPAA?** My Mom convinced me!

**What roles have you played in the VPAA shows?** “Top Secret Personal Beeswax” and “When I Get My Name in Lights”.

**Favorite role?** “Top Secret Personal Beeswax”.

**What has been your favorite production?** *Broadway Showtime* because it was my first show with VPAA.

**Tell us about your best VPAA memory.** Having a pizza party with everyone after rehearsals.

**What is the most fun part of being on stage?** Getting to dance and sing.

**What is the most challenging part of VPAA?** Having to do auditions.

**What are your future plans in theater?** To be in some Broadway shows.

## DEVIN GRIEBLING

**What was your first show in VPAA?** The first show that I ever did with VPAA was *Moana Jr.* in the summer of 2020.

**What inspired you to join VPAA?** My sister, Sloane, joined VPAA before me in the spring of 2020. Unfortunately for her, the show was canceled due to COVID, but then I wanted to join for the summer musical.

**What roles have you played in the VPAA shows?** I was an ensemble member in *Moana Jr.* We did *Fame Jr.* the next summer and I got my first lead part as Mabel. The last musical that I did was *Matilda Jr.* and I played the part of The Acrobat. This summer the musical that we are doing is *Into The Woods Jr.* and I hope to get the Witch.

**Favorite role?** My favorite role that I've played so far was Mabel from *Fame Jr.* I also loved being King George III in our most recent production.

**What has been your favorite production?** My favorite production was probably *Fame Jr.* I was super excited because I really wanted to get the part as Mabel and the other cast members were super nice and fun. It was also the first show I ever performed in person because we had to film *Moana Jr.* due to COVID restrictions.

**Tell us about your best VPAA memory.** My favorite memory was getting to throw coconuts in the air for *Moana Jr.* It was really funny because there were two other people doing it with me and we constantly dropped them during rehearsal.

**What is the most fun part of being on stage?** I love having the lights on me and the energy from the crowd gets you more motivated and more confident about yourself. It's really nerve-racking before you get on stage and just feeling the reassurance from the audience makes you feel so much better.

**What is the most challenging part of VPAA?** Audition day! I really hate auditioning because there are so many other people who want to get the same part as you and you have to sing in front of all of your peers. And they're usually songs that I haven't even heard of before.

**What are your future plans in theater?** I want to continue doing theater in high school and maybe throughout college as well. It was one of my dreams to be on Broadway, and I really hope to achieve it!





## SLOANE GRIEBLING

**What was your first show in VPAA?** My first show was in the Spring of 2020 right before COVID.

**What inspired you to join VPAA?** I really wanted to try acting, and VPAA sounded really fun.

**What roles have you played in the VPAA shows?** The roles I have played in the past are ensemble in *Moana Jr.* and Goody in *Fame Jr.* In last summer's show, I played Amanda in *Matilda Jr.*, and I hope to get Rapunzel in *Into the Woods* this summer.

**Favorite role?** My favorite role I have played is Goody in *Fame Jr.* It was so fun to get a role for the first time!

**What has been your favorite production?** My favorite production has been *Fame Jr.* because of all the vibrant colors and the sets for that show.

**Tell us about your best VPAA memory.** The best memories I have had being in VPAA are being backstage during a show. It is just so exciting and nerve-racking at the same time.

**What is the most fun part of being on stage?** Personally, the best part of being on stage is performing in front of everyone and for them to come watch you do a show that you have worked hard for and spent countless hours on.

**What is the most challenging part of VPAA?** The most challenging part of it is the auditions because you are a bit scared going on stage and singing but you get used to it after a while.

**What are your future plans in theater?** I plan on doing it in high school and college, just like my sister Devin, and I also hope to go further in an acting career when I am older.

## OAKLEY MILHOAM

**What was your first show in VPAA?** Last Spring in 2022, it was *Broadway Buzz* and I sang "Hamilton". I have been a part of three more shows since then.

**What inspired you to join VPAA?** Colin inspired me to join. He teaches my hip hop class and thought I would really like VPAA because you love to sing and dance. I love having him as a teacher.

**What roles have you played in the VPAA shows?** I played Lavender in *Matilda Jr.* Lavender is Matilda's best friend and I loved that role because she had a lot of speaking lines and sang a funny song about being a ballerina and I also dance ballet. In *Rock this House* I got to sing "Straight Up" by Paula Abdul and got to dance contemporary to "True Colors" which was really fun. In *Broadway Showtime* this spring, I sang "Footloose" and "I'm a Believer" from *Shrek*. It's the first time I was cast in two songs and the song I auditioned for which makes me feel like I am improving a little and growing as a performer.

**Favorite role?** So far Lavender because I like acting and having speaking lines in addition to singing and dancing. I also really enjoyed singing "Footloose" because I felt confident and it was upbeat and fun.

**What has been your favorite production?** *Matilda Jr.* because it was funny, fun and including acting, singing and dancing. And I got to learn new things.

**Tell us about your best VPAA memory.** The performances are really energizing, but I love the practices because we get to meet new people and hang out with kids I don't see in school and sports. I also love the tradition of BANANAS before each show.

**What is the most fun part of being on stage?** You get to step into a role that isn't you that brings joy and happiness to other people. For a short time all you think about are your lines and dancing which is fun.

**What is the most challenging part of VPAA?** Definitely singing and hitting the right notes. I feel nervous singing in front of people so VPAA makes you step outside of your comfort zone.

**What are your future plans in theater?** Not sure yet. I am just a kid trying to stay a kid! Maybe act in the high school plays? We added this question because we talk about it all the time in our house!

**What have you learned from VPAA?**

So many things. How to sing, which is totally new for me. Finding confidence and trusting my ability to go out of my comfort zone. The importance of stage presence and how it applies to everyday life. How to project my voice and sound bigger or braver than I actually am. I have been able to public speak in front of adults and give multiple speeches that I never would have been able to do at my age without the instruction and experience at VPAA.



## MAXWELL THELEN

**What was your first show in VPAA?** My first VPAA show was on March 13, 2022, and it was the *Broadway Buzz*.

**What inspired you to join VPAA?** I was inspired to join VPAA after attending a few shows. It looked really fun and I wanted to meet some new people. I also take hip hop with Colin and he encouraged me to give it a try.

**What roles have you played in the VPAA shows?** My first two shows I had hip hop solos which was super fun! The most recent show I decided to audition and I got two singing parts.

**Favorite role?** My favorite show was *Broadway Buzz* because I got to have my first solo and it was very fun!

**Tell us about your best VPAA memory.** My best memory was when Annah took a picture of me doing my solo (jumping through the air) and now the picture is used to promote VPAA and our shows.

**What is the most fun part of being on stage?** The most fun part of being on stage is when you're up there with your castmates and you hear the audience cheering and clapping for you. It makes me smile!

**What is the most challenging part of VPAA?** The most challenging part is rehearsal because you have to keep going through the entire show until it's perfect. It's a very long day!

**What are your future plans in theater?** My future plans in theater are to continue to be a part of VPAA. I'm excited to participate in the summer show, it's my first time!



VPAA welcomes children of all levels of experience and is dedicated to fostering individual growth and providing top-quality arts education. We firmly believe that every child should have access to the transformative power of the arts and our focus combined with mega doses of fun cultivates life skills that VPAA students carry with them into every STAGE of life!

VPAA is truly "The Most Important Stage in a Child's Life".

To learn more, please visit [vpaa.org](http://vpaa.org).



ON THE COVER: (Clockwise from the Upper Left) - Devin; Oakley and Maxwell; (L) Oakley and Maxwell; (L) Sloane; June; June and Oakley; Sloane and Maxwell; (Center) Devin

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# CELEBRATING THE CLASS OF 2023 SINGLETREE GRADUATES

Congratulations on your Graduation and Good Luck to You in Your Future Endeavors!

## KYLE ROSS

**High School:** Battle Mountain High School

**Family:** Mother Veronica, father Michael, older brother David, two Bernese mtn dogs (Hilde and Bear)

**Most Memorable Experience:** Winning both the Varsity season opener races for XC and Nordic.

**Greatest Accomplishment:** Being an Eagle Scout.

**Post-Graduation Plans:** Attending the University of Utah.

**Aspirations:** My future aspiration is to work at Lockheed Martin as a computer engineer, contributing to the development and technology of missile systems.

**Favorite Part of Living in Singletree:** Nice neighbors and quiet neighborhood with quick access to biking and running trails.

**Words of Advice for the Class of 2024:** Success and failure are two sides of the same coin, and it's impossible to achieve one without experiencing the other. You will undoubtedly experience highs and lows throughout your journey, but it's important to remember that failure is not the opposite of success; it's merely a part of the process.

-Unknown



## ELI GRUNDBERG

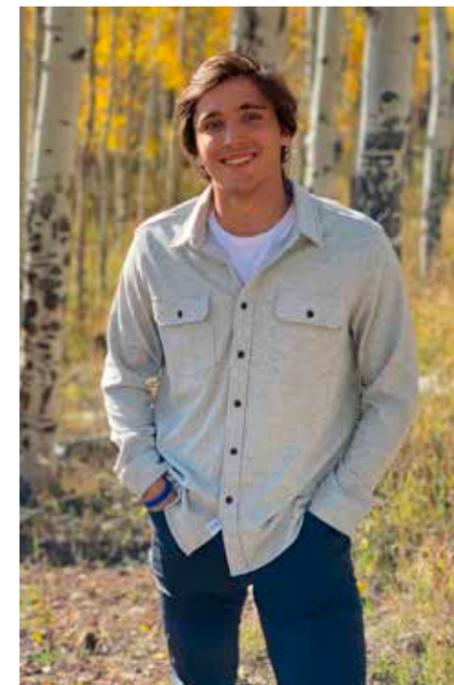
**High School:** Battle Mountain High School

**Family:** Jane and Scott Grundberg (parents), Lucy (sister), and Emmett (brother)

**Most Memorable Experience:** My most memorable experience was going to States for Nordic my senior year. We had an incredible team and big potential to win it all. Although we came up short, the incredible bond we had as a team along with our fantastic coaches made it all worthwhile.

**Greatest Accomplishment:** My greatest accomplishments would be going to the Nike Cross Regionals and States for Nordic two years in a row.

**Post-Graduation Plans:** After graduation, I will be attending CU Boulder to study Aerospace Engineering.



**Aspirations:** I would like to end up at either a private or government-contracted space company to pursue a career in Aerospace Engineering.

**Favorite part about living in Singletree:** My favorite part of living in Singletree is how close it is to my friends and favorite places in Edwards.

**Words of Advice for the Class of 2024:** Enjoy it while it lasts, as it flies by quicker than you realize.

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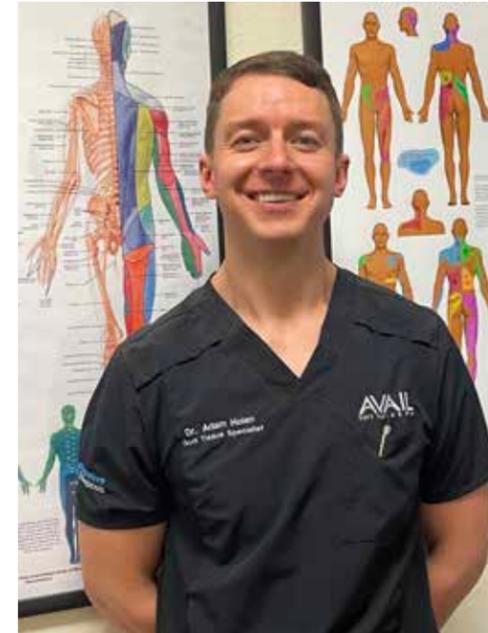
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# NON-SURGICAL SOLUTIONS FOR CHRONIC PAIN



finally gave me the answer I was looking for so desperately. **ADHESION!** What the heck is that? Adhesion is connective tissue/collagen (scar tissue) which builds up in muscles from trauma and overuse. Adhesion acts like glue in muscles, reducing their length and strength.

I had **TONS** of adhesion, significantly limiting my movement. My low back and hamstrings were only moving 50% of what is considered healthy. This is like having your blood pressure measured and showing it's really high i.e. bad. My limited motion was damaging my lumbar discs, causing my pain. Finally, I had an answer for my pain and a new path to follow.

Over the past 10+ years, the only thing that has helped me avoid surgery is getting my adhesions treated. So why have you (probably) never heard of it? There are only about 20 providers in the world who specialize in diagnosing and treating adhesion. It's very difficult, demanding work requiring on-going training, but because it saved me, I've devoted my life to doing the same for others: those who have chronic pain that isn't responding to other therapies.

The good news? With expert care, adhesion is completely fixable. By reducing adhesion, we can restore healthy motion and strength, taking stress off degenerated/painful tissue. The better news? Utilizing shockwave therapy, we can regenerate damaged tissue, fixing chronic pain for good.

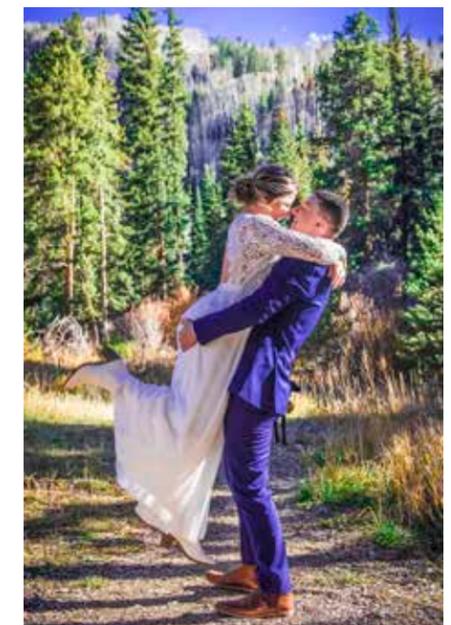
Sitting in class for 8 - 10 hours each day was my nightmare for two reasons: class was boring *and* it was killing my back. In chiropractic school, I was getting adjusted 2 - 3x per week, yet it only made my back feel better temporarily. Uh oh. How am I supposed to 'sell' adjustments to patients when it wasn't helping me?

This made me wonder: what do you do when pain won't go away or keeps coming back, despite your best efforts? Even at a spry 22 years old, my quality of life was steadily declining. There had to be an answer. Something that made more sense than more continued adjustments, performing 50 exercises & stretches every day, injections, or just surgery.

As I was contemplating my future and why I was in school for chiropractic, a chance encounter

If your pain has been ongoing or keeps coming back for more than six months, despite trying multiple therapies (even surgery), there's still hope. We take your pain seriously because it's more than pain, it's your quality of life, and we only get one life. Schedule a consultation with Dr. Adam Holen at Avail Soft Tissue & Spine to see if you've found the answer to your pain.

To learn more, please visit [availsofttissue.com](http://availsofttissue.com). You can contact Dr. Holen, Soft Tissue Specialist, at **970-328-2884** or [info@availsofttissue.com](mailto:info@availsofttissue.com).



**AVAIL**

# Paradise Found in the Seychelles

CONTRIBUTED BY INGRID DAMPIER, SINGLETREE RESIDENT

So, I worked with my travel agent to find a cruise – thinking that would be a great way to see multiple islands. Then we looked at flights – and found out that we could only get there on Sunday, and the cruise left on Saturday. We quickly decided that we should arrive Sunday and have fun on the beach till Saturday – no problem. We booked the flights, the cruise, and a stay at the Hilton Seychelles Labriz Resort on Silhouette Island.

Fast forward, when the final payment for the cruise came due, we learned that the cruise was cancelled due to the fact that the ship, a new construction, was not complete. Oh. Wow. So, we checked to see if we could reschedule our flights to come home earlier, but with the change fees and the newly increased airfares, we realized we could stay another week and use the flights we had booked originally and break even. And we are so glad that we did just that, because Seychelles is beautiful, and good for one's soul, and frankly, just amazing.

Seychelles is an island country consisting of 115 islands in the Indian Ocean, located 4 degrees latitude south of the equator, directly east of Kenya. Seychelles was uninhabited until the 18th century when the French arrived with enslaved Africans in 1756. On May 16, 1794, during the War of the First Coalition, Seychelles was surrendered to Britain. It remained a British colony from 1814 until its independence in 1976. Seychelles was never inhabited by indigenous people since it was populated by European colonists and their slaves, but its islanders maintain their own Creole heritage.

Of the 115 islands that comprise Seychelles, 42 are granite islands. These islands form the heart of the Seychelles



4 degrees - our favorite spot for dinner at Labriz

and are also the only remote oceanic islands in the world that originated from a single continental mass, with no coral or volcanic influence. The Seychelles came about due to continental drift causing them to be separated from the African continent.

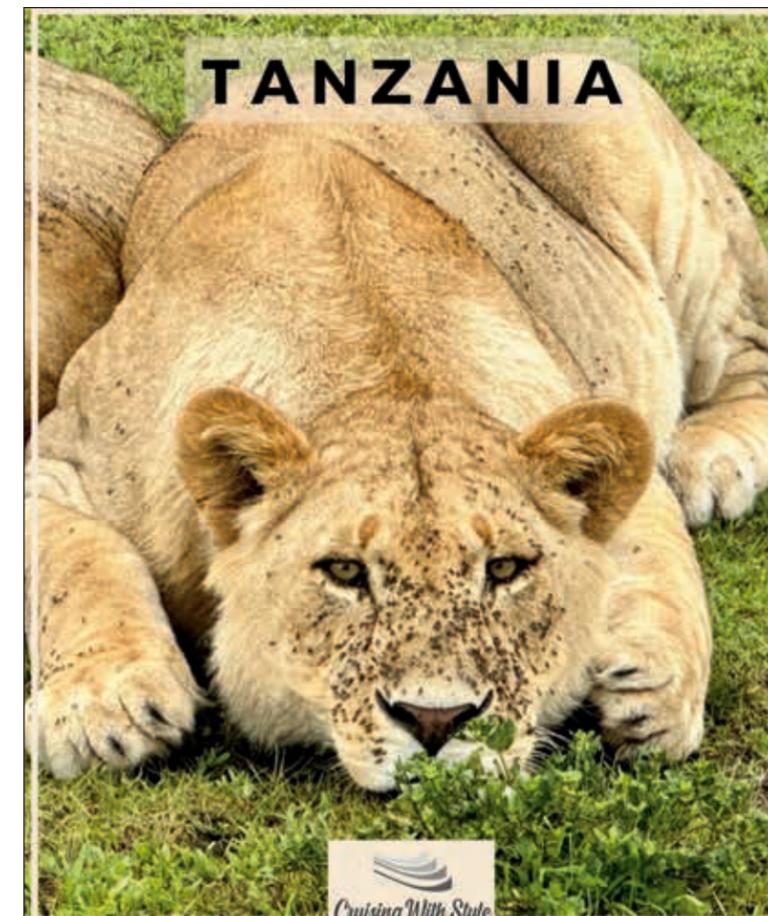
Stepping off the flight in Victoria, we felt the heat immediately. Our first adventure was the cab ride to the Hilton ferry pier. Along the way, our very friendly taxi driver talked about how the granite islands tended to have a solid granite mountain running down the middle of the island. The distance from the west coast to the east (as a bird would fly) is not big, but the road, with its hairpin turns up the mountain and then steep curves down on the other side were challenging. Any thought we had of possibly renting a car flew out the

window, particularly driving on the left side of the road!

Our ferry to Silhouette Island was also an adventure. The boat was going fast and slammed into the water at regular intervals - I held on for dear life. However, as we slowed down and got closer, we could see the island, the vegetation, and its granite mountain. We were greeted by a warm reception from the staff of the hotel. A nice young man drove us in a golf cart from the pier to the resort and provided a wonderful tour of the resort and island, which is a nature preserve. After dropping us off at our villa, we stood silently in our villa because it was so beautiful and perfect. It had a porch facing the ocean, an outdoor shower to de-sand ourselves, lots of water and snacks, and air conditioning. We could hear the waves hitting the beach and admired all the vegetation and the incredibly soft white sand – it was just heavenly.

We recently returned from a 19-day trip to the Seychelle Islands which entails 5 days and 27,601 miles of travel. So why did we fly halfway around the world to some granite islands in the Indian Ocean?

First, the Seychelles are beautiful – no high rises like Hawaii, beautiful clear aqua surf, soft white beaches, friendly people. Secondly, it was on Craig's mind to show me the Seychelles. He was there in 1973, being dropped off by his Navy ship and sent on his way to graduate school (for which he was already very late). His adventure to get home got complicated and a bit terrifying. It's a long story as to what happened, and what could have happened, and Craig tells it with some humor and hand motions - so if you bump into Craig, ask him to tell you the story! Whatever difficulties arose as he tried to leave, the time he spent there imbued in him a love for the country. And now he wanted to share that with me.



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Cooking class - we used almost all the spices in the bowls



Sunrise from our porch on Silhouette Island



Our villa in the trees looking over the walkway to the Ian Fleming beach



Our beach (the Ian Fleming beach) is just left of my right ear

We quickly got into the rhythm of the resort – morning tea on our porch, breakfast on a deck over a lagoon, and then reclining on the edge of the ocean to read and talk and relax. Afternoons were spent on the beach or at the pool and happy hour gatherings. I quickly realized that dinner was a dressed-up affair and was happy I had brought a dress with me. After dinner, we enjoyed moonlit walks back to our villa, serenaded by the sound of the waves.

Sunblock was not the only necessity to have, insect repellent came in a close second. In front of each villa, there was a light (to guide us in the dark) and a wooden post with a large frame on which sticky yellow tape was posted. In the mornings, the yellow tape was black

with the bodies of the insects enticed by the light and then ensnared to the tape. But like the heat, we got used to the routine and had a great time.

There were 7 restaurants on the Island – we didn't try them all, but our favorite was The Four Degree – right on the beach. They grilled seafood caught daily, played beachy music from the '60s, and it was very fun. We had grilled job fish, tuna, squid, prawns, and spiny lobster, all under the stars with the waves pounding the beach. We tasted Takamaka – a rum distilled in Seychelles – which was quite good.

Cafe Dauban, named after the original owners of the island, served a different buffet every night, based on local foods. We went to the Braai

– the South African barbecue. At the restored home of the Dauban family, Gran Kaz, we fell in love with the curry. I had chicken curry and Craig enjoyed the octopus curry. We immediately signed up for a cooking class to learn the Seychellois way to make curry. The amount of curry powder and chili powder used was quite large – no teaspoon measure – the cook used a ladle! But it was sooooo good.

Sakura was a very elegant Japanese restaurant that had the most exquisite sushi ever. I thought City Market made good sushi – but this was so different and so amazing. And of course, there was a poolside pizzeria and a lovely bar for happy hour.



Coco de Mer without the husk - really big!



View from the Ian Fleming villa

On Saturday, we ferried back to Mahé to the Hilton Northolme Resort. This time the ocean was calm and I could actually enjoy the trip. The Northolme is located on the side of a granite mountain, ending at the beach. So while our Labriz villa was on the beach, our Northolme villa was more like a tree house, perched on the side of the mountains, with a path down to the beach. It was breathtaking!

On check-in, we were told that we were in the Ian Fleming villa. In 1958, while Ian Fleming experienced a period of writer's block, he came to Seychelles and stayed in a villa at Northolme. Fleming began work on his eighth novel in the James Bond series, a collection of short stories released under the title, *For Your Eyes Only*. One particular short story - *The Hildebrand Rarity* - is set entirely on Seychelles.

Mahé, the main island and home to the capital city of Victoria, is where Craig stayed while working on how to get home. The airport was barely a year old at that time and the flights were perhaps once a week. On our first full day in Mahé, we took a ferry to Praslin, another granite island, to visit Vallée de Mai, a UNESCO World Heritage site, which is the largest intact forest of the coco de mer, or coconut of the sea. This coconut itself can reach 12" long and weigh 30 pounds. The Coco de Mer palm is a rare species of palm tree and is native to the Seychelles archipelago. The forest is quite large. The palms are beautiful - so tall - and their canopy hid the sky. It is also the home of other endemic flora and fauna, including the Seychelles Black Parrot.

It was quite hot for the long hike (about 1000 feet in elevation gain - and someone unnamed started exhibiting

signs of heat exhaustion). Fortunately, the next stop on this 11-hour tour was Anse Lazio – claimed to be one of the best beaches in the world. It is lovely, but then so is every other beach in Seychelles, particularly the beaches outside of our villas. We were amused though – there was a cruise boat parked at the entrance to the cove and they were using black RIBs (rigid inflatable boats) to cart their guests to the beach. It looked like an attack by Navy Seals.

We took a day tour of Mahé by taxi (since renting a car was out of the question). We visited Venn's Town, which was the first educational institution for the children of liberated slaves, from 1876 – 1889. It is located on Morne Seychellois (the highest mountain on Mahé). The views are spectacular from the viewing lodge, which opened on March 20, 1972, when Queen Elizabeth II visited the site. (Queen Elizabeth came on her yacht the



Our beach at Silhouette





Mini Big Ben

Britannica to open the airport – the very same one Craig used to fly to Nairobi barely a year later).

Once over the mountain and on the western coast of Mahé, we visited the Tea Factory and the Takamaka Rum Distillery. The Tea Factory no longer makes the tea but its equipment from 1962 is still on the premises and they do all the packaging. The tea is very nice, with tastes of citrus and cinnamon. Takamaka Rum Distillery started with locally grown sugar cane, which has distinct tastes from the unique granitic



A very special candlelight dinner on our last night

soil mixed with beach sand. The small home farm crops are used in conjunction with molasses imported from India. Because of the humidity and heat, the loss of the liquid during fermentation is over 30% so the enterprising owners implemented state of art fermentation processes, known as pressed rum, using Hydrodynamic Cavitation, a mechanical process that brings about chemical reactions and molecular changes in liquid that would otherwise happen over time (and thus avoiding the large Angel's Share of the rum). The factory is on a beautifully maintained plot of land with indigenous plants and 2 of the famously large tortoises – Maka and Taka.

Our last stop was in Victoria – where we visited the spice market and stocked up on the ingredients for the curry (and I

bought a cookbook). And we saw the Mini Big Ben. This clocktower is an elegant replica of Big Ben in London and was inaugurated in April 1903. Originally, the clock was expected to chime but sadly failed to do so. However, the residents still used the clock to know the time of the day. Today, however, the Victoria clock regularly strikes the hour, having had its mechanism completely replaced in 1999 by a modern, quartz master clock.

When not touring, we were on the beach. Dinners were delightful. On our last night, we ate alone at a beautifully set up table overlooking the Beau Vallon waters. Candles and amazing food and a bottle of bubbly were a perfect way to say goodbye to this wonderful place. Au revoir, Auf Wiedersehen – until we meet again.

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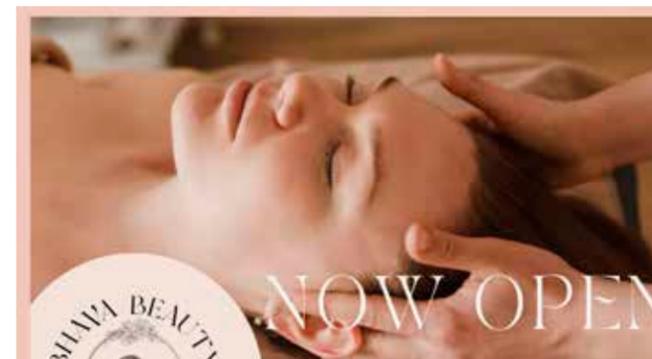
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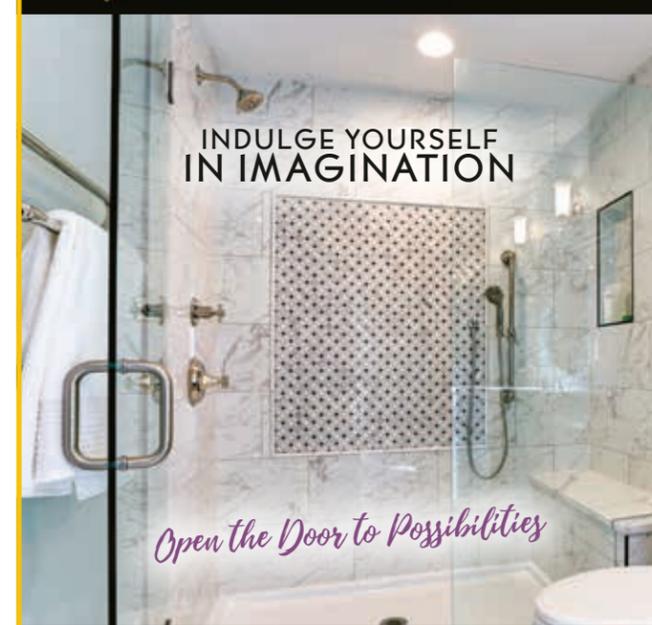
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40 Miller Place | Single-family  
5 bd | 5 ba | 3,863 sf | \$2,795,000

161 Stagecoach Road | Single-family  
5 bd | 4 ba | 3,725 sf | \$3,690,000

751 Singletree Road 1 | Townhome  
3 bd | 5 ba | 2,686 sf | \$1,690,000

### Under Contract

1071 June Creek Road | Single-family  
4 bd | 5 ba | 3,103 sf | \$2,095,000

751 Singletree Road 6 | Townhome  
3 bd | 3 ba | 1,793 sf | \$1,390,000

48 Charolais Circle A | Duplex  
3 bd | 3 ba | 1,954 sf | \$1,550,000

### Sold

140 Charolais Circle | Duplex  
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Sold for \$1,950,000 on April 7<sup>th</sup>

723 June Creek A | Duplex  
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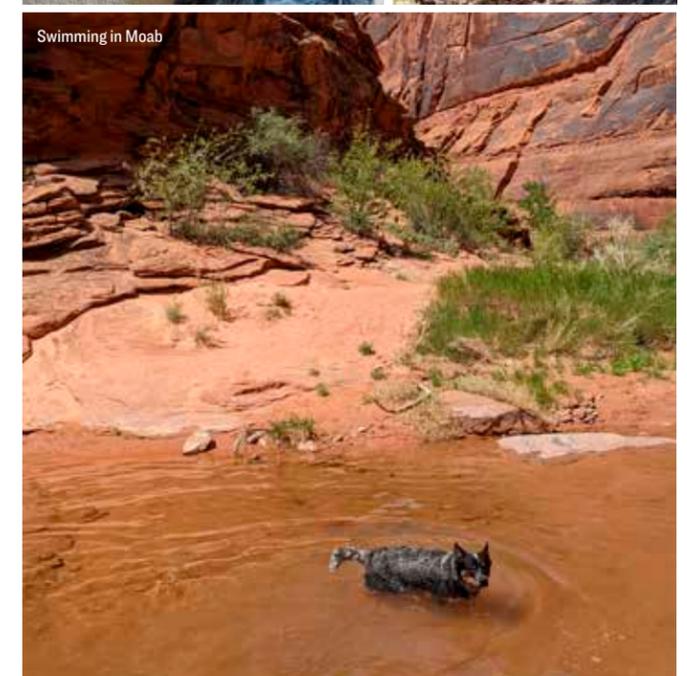
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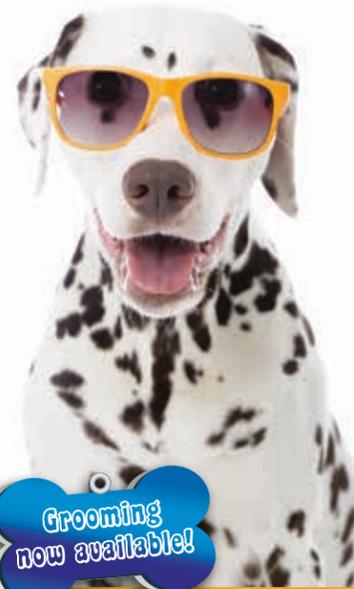
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Kacee Picot has been professionally licensed to help people feel better since 1986, initially as a cosmetologist. Today, her beautiful wellness spa in the Riverwalk offers beauty services as well as hypnosis, hyperbaric oxygen therapy, and body sculpting. As a board-certified hypnotist, she is able to assist people in unlocking their inner resources and bringing about long-lasting, positive change, whether the goal is weight loss, habit modification, regulating intrusive thoughts, improving both sports performance and intimacy issues, and increasing general wellness.

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Jeanne Fritch with her parents, Helen and Bob



Mother and daughter alumnae at Helen's Mount Holyoke College reunion



The ribbon cutting ceremony at the Betty Ford Alpine Gardens in 1987



Chefs in the Garden



## MORE THAN JUST A PRETTY PLACE

Jeanne Fritch Carries On Her Mother's Work at the Betty Ford Alpine Gardens

CONTRIBUTED BY JEANNE FRITCH AND CAROL LOVELL, SINGLETREE RESIDENTS  
ARTICLE WRITTEN BY TIM SWIFT, SINGLETREE RESIDENT

Singletree's Jeanne Fritch has had a front row seat for the development of Vail from the day she and her family moved from Palatine, IL to the Valley in 1974. Her parents, Bob and Helen Fritch, were avid skiers who had visited Vail almost since its founding in 1962. Bob was a mechanical engineer and Helen was raising their three daughters, but they were ripe for a change and the opportunity to do something together that incorporated their passion for skiing. They looked in Aspen and Vail for the right place and the perfect opportunity. They settled on Vail and in 1974 they purchased the Sitzmark Lodge.

They were the perfect pair to run the property. Bob brought his engineering skills to the project and Helen brought her gardening

experience. Between the two of them, they renovated the property over time and made it the warm, welcoming hotel it is today.

The family lived in the penthouse apartment of the Sitzmark and one of Bob's early projects was to build a greenhouse for Helen on the roof. Eventually, the greenhouse was partially converted into a family dining room, but Helen insisted that a portion of the room be left as a greenhouse so she could continue to hone her gardening skills. Little did she know at the time, but Helen's devotion to all things floral would eventually lead to the founding of one of our Valley's primary attractions, the Betty Ford Alpine Gardens.

It was the summer of 1983, and Helen and Bob were heading back

to Vail from Denver on I-70. About halfway up Georgetown Hill, they noticed someone parked on the side of the road and thought they recognized him. They pulled off to offer assistance and they realized that they did know him. The stranded motorist was former Singletree resident Marty Jones, a landscaper designer and the owner of a small nursery in the Valley. They offered to give Marty a lift back to town and for the next two hours, they talked of nothing but gardening. The rest, as they say, is history.

They continued their conversation when they got back to town and eventually, Helen and Marty agreed on a goal: to create an alpine garden to showcase as well as preserve the many varied species of plants that grow at 8200 feet that can't be found at more

hospitable altitudes. With this goal in mind, they created a group they dubbed Friends of the Alpine Gardens and approached the Town of Vail with their idea. Their timing was prescient.

The town of Vail had just launched a bold plan to create an open space east of town that would include a public park and an outdoor amphitheater to be named Ford Park and the Gerald R. Ford Amphitheater. Part of the plan called for a plot of land adjacent to the amphitheater entrance be made into an alpine demonstration garden. The Friends changed their name to Vail Alpine Gardens and in 1987, the garden was completed and opened to the public.

In 1988, Marty and Helen made a dramatic decision. Former President Gerald Ford had pretty much put Vail on the map during his administration through his frequent visits to the Valley. In 1987, he and his wife, Betty, were retired but continued to spend a lot of time here. Helen and Marty realized that President Ford had been honored by the name of the park and the amphitheater, but Betty, an avid and accomplished gardener in her own right, enjoyed no

such honor. To remedy that omission, they approached the town and Mrs. Ford, and in 1988, the Alpine Gardens' name was officially renamed the Betty Ford Alpine Gardens.

While her mother and Marty Jones were dreaming and eventually creating the Betty Ford Alpine Gardens, Jeanne was finishing her years at Mount Holyoke College in Massachusetts. After she graduated, she moved to Boston but soon realized she missed the mountains, so she headed west and landed in Boulder. Jeanne lived in Boulder and Golden working as a software programming consultant until 2008, when she moved back to the Valley and the Sitzmark and was named the general manager.

In 2015, Jeanne was elected to the board of the Betty Ford Alpine Gardens to continue her mother's work. Today that work is a whole lot more than just pretty flowers.

The staff and volunteers are deeply committed to alpine plant conservation. Each fall, when plants propagate, volunteers head for the alpine forests and meadows to collect the seeds that

the plants spread about. These seeds are carefully catalogued and sent to the U.S. Department of Agriculture where they are placed in their seed bank to be studied and protected.

In addition to this activity, the Alpine Gardens has an extensive education program employing exhibits and family programming at their Education Center in Ford Park. Executive Director Nicola Ripley is constantly working to ensure a diversity of exhibits to present different themes every year. As a result, the activities of the Education Center change year over year just like the gardens themselves do. This May, they will introduce a new exhibit, "Breaking Records", which explores phenology and its relationship with climate change.

Another popular activity at the Gardens is the *Chefs in the Garden* series of cooking demonstrations by some of the Valley's most accomplished chefs. Each chef invited to participate is asked to demonstrate techniques and the use of locally available produce. Singletree resident, Carol Lovell, is a consistent volunteer for the *Chefs* program. She joined the



Alpine Gardens over eight years ago and soon began volunteering with the *Chefs in the Garden* series. For Carol, the Chefs' program was a natural fit given her passion for cooking, learning new recipes, tips, and techniques. But mostly it was her love of eating that drew her to the *Chefs in the Garden* annual event.

From its humble beginnings, the *Chefs in the Garden* series has grown into a signature fundraiser for the Gardens. It has grown from a single event into a six-event series where the Valley's most celebrated chefs donate their time and talent to support the mission of the Betty Ford Alpine Gardens. As a result of the growth of this popular event, *Chefs* is now held under the Gerald R. Ford Amphitheater canopy. Carol is justly proud of her work on the *Chefs* series and said, "To me, what is most gratifying about volunteering for *Chefs* is seeing all the smiling faces of the 'full-filled' guests after their final tastes! *Chefs in the Garden* is a unique and wonderful addition to the total high alpine garden experience."

Sadly, Helen passed in 2019, but Jeanne has been hard at work keeping the Fritch name front and center in the world of alpine flora through her

work on the board of the Betty Ford Alpine Gardens as well as promoting the Helen Fritch Endowment Fund to ensure that the Gardens will be there to be enjoyed for generations to come.

There are many interesting and rewarding volunteer opportunities for you to get involved in as well. Just visit their website: [www.bettyfordgardens.org](http://www.bettyfordgardens.org). Jeri Powles, the Volunteer Engagement Coordinator, is responsible for volunteer recruitment at the Gardens and can use all the help you would be willing to give. They can use gardeners on Mondays and Thursdays from 9 AM to noon, ambassadors serving as concierges who walk the gardens and answer questions, tour guides, and special events hosts. To sign up for a volunteer opportunity at the Betty Ford Alpine Gardens, please contact Jeri at [Jeri@bettyfordalpinegardens.org](mailto:Jeri@bettyfordalpinegardens.org). If you do volunteer to help, it will be an experience that will stick with you.

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## WHO'S MAKING A DIFFERENCE

Heads Up for Hope Board Members: Leslie Davis, Steve Lucido, Heidi Press, Diane Smooke, and Elizabeth Sullivan



## THE TRUTH BEHIND TRAUMATIC BRAIN INJURIES

Local Non-Profit Heads Up for Hope Offers Support for TBI Patients and Their Caregivers

CONTRIBUTED BY STEVE LUCIDO AND DIANE SMOOKE, SINGLETREE RESIDENTS, AND ELIZABETH SULLIVAN, LESLIE DAVIS, AND HEIDE PRESS, HEADS UP FOR HOPE BOARD MEMBERS  
 ARTICLE WRITTEN BY TIM SWIFT, SINGLETREE RESIDENT

As you may have noticed, behavioral health has become close to topic "A" in nearly everyone's mind. From local and network news programming and not-for-profit boardrooms to the kitchen table, discussions of mental health issues are practically ubiquitous. It's front and center in newspapers and TV, as well as social media. But if you listen, watch, or read carefully enough, it will soon become clear to you that there is one

important facet of behavioral health that has been either overlooked entirely or given little more than passing mention in the discussion - Traumatic Brain Injury, or TBI.

More often than not, the causes of behavioral health issues are explained to be a result of poverty, race, lack of opportunity, pollution, geography, housing availability, drugs, the environment, family issues, sexual abuse,

or any combination thereof. And while those are certainly contributing factors, a traumatic brain injury is rarely if ever put on that list. In fact, TBI is all too often treated as a separate issue altogether. Based on a recent conversation I had with the Board of Directors of **Heads up for Hope (HUH)**, Steve Lucido and Diane Smooke from Singletree, Elizabeth Sullivan who lives in Eagle, Leslie Davis of Edwards, and Minturn's Dr. Heidi Press, that's all about to change if they have anything to say about it. HUH is a fairly new local not-for-profit focused solely on brain injury and the devastating effects it can have both on the survivors and their caregivers.

Indulge me for a moment while I recount the personal stories of these five amazing and dedicated people and the disconnect that all too often occurs between traumatic brain injury and behavioral health.

In 2014, Steve Lucido was riding his motorcycle through the Highway 6 Edwards intersection when it was still controlled by a traffic light, prior to the construction of the roundabout, when he was involved in a horrific accident. He suffered devastating injuries and was rushed to the hospital in Vail. He had multiple broken bones and an obvious head injury that resulted in the left side of his scalp being detached from his skull and hanging over his ear. The talented surgeons at Vail Health repaired his broken bones and reattached his scalp and Steve was sent home to begin a long recovery. The doctors were confident that Steve would make a full recovery, but they never told him that he might have incurred a traumatic brain injury despite his obvious head trauma.

His body eventually did heal, but he soon discovered that his life had changed dramatically. He began suffering unexplained fits of anger and depression. These changes placed a tremendous strain on his 34-year marriage to the extent that his wife asked him to leave their home in the Valley and move to a property they owned in San Diego. He did leave, but things did not improve for Steve. He continued to experience unexplained irrational anger outbursts that led him to confront strangers in the streets of San Diego as a means to quell his anxieties. Despite these



Steve Lucido with his wife, Nicole



Diane Smooke



Elizabeth and Mitchell at Golf 4 Disabled People at the Broken Tee in Englewood



Art Instructor Jeremy Greene, a brain Injury survivor, leading a class for other HUH members



HONK & WAVE: Diane, Elizabeth, and Steve on a blizzard morning at the round-about in Avon

circumstances, Steve never sought help because he was unaware there was an issue with his mental health.

His wife eventually asked Steve to return for a couple of weeks to take care of their dog while she was away on a business trip. It was during this visit that Steve ran into an old friend, Dr. Reg Franciose. During their conversations, Dr. Franciose noticed that Steve was having trouble expressing himself and organizing his thoughts in a logical sequence. He suggested that Steve see Kim Greene at Vail Health, an injury prevention specialist. As a result of this visit, Kim, for the first time, accurately diagnosed Steve's brain injury. This was in 2017, a full three years after his accident!

It was Kim who recommended that Steve contact the Polytrauma Project at the Veterans' Administration when he returned to California. He did that and finally found a way to address the effects of his traumatic brain injury. Using group therapy, coping tools, individual counseling, yoga, and meditation, Steve

was able to start the long process of healing, but never curing, the devastation his accident caused in his brain.

Eventually, Steve moved back to the Valley with his wife, Nicole, and they began the difficult process of restructuring their marriage. Steve soon realized that continuing his therapy in the Valley was not an option as there was no local group or program where he could get together with other TBI patients to share their experiences and issues. Determined to change this, he set out to start a brain injury support group. All he needed was a bit of help to start up an organization that was so very much needed in the Valley.

He found that help after securing a meeting location and putting an ad in the *Vail Daily* in March 2018. Steve advertised for fellow brain injury victims or their caregivers who wanted to join him in forming a new organization offering a new approach (for this Valley, at least) to coping with TBI.

The first person to respond to Steve's ad was Diane Smooke, an Occupational

Therapist with 40 years of experience, which made her just what the new group needed, a medical professional with firsthand experience in dealing with the devastating effects of a brain injury. In addition, Diane was, and still is, a strong advocate for adding a qualified neurologist to the staff of Vail Health.

Diane shares the opinion of so many others in this Valley... if you need orthopedic care as a result of a ski injury or simply the wear and tear that comes along as one of the burdens of aging, there is no better care to be had in the country than at Vail Health. She also believes that the Shaw Cancer Center offers cutting-edge cancer treatments rarely found in a community of our size. But as an experienced Occupational Therapist, she sees, perhaps better than most, that given the relative frequency of head injuries incurred on the slopes, we would be well served by having a neurologist at Vail Health. Diane has made that the focus of her mission on the Board of HUH.

The next recruit to the project was Elizabeth Sullivan. Elizabeth's son, Mitchell Lee, was a gifted competitive high school skier while attending the Vail Ski and Snowboard Academy. Over the course of his ski career, he suffered a total of more than ten concussions and in 2013, he experienced a TBI at a ski competition in Aspen. The doctor who originally treated Mitchell came up with the appalling solution of recommending that Mitchell be confined to a closet to remove any outside stimuli that might trigger the episodic irrationality that he was demonstrating. To Elizabeth, that recommendation seemed rather medieval at best.

She rejected it and chose rather to keep him at home and help him graduate from VSSA which he did in 2014. He matriculated to CU, but an unfortunate event occurred during his freshman year which resulted, sadly, in him leaving CU. Mitchell is currently living in a brain injury support house in Denver.

Elizabeth also saw Steve's ad in the *Vail Daily*, and, after her experience with the lack of care or help Mitchell had received after his TBI, signed up as a caregiver. On top of the TBI that Mitchell incurred, he has also been diagnosed with a mental illness to add to the challenges he and Elizabeth face.

Leslie Davis became aware of HUH after her son, Christopher, a BMHS athlete, was diagnosed with a TBI

following several concussions incurred while playing soccer, hockey, and an automobile accident in 2010. Unlike many TBI patients whose injuries often go undiagnosed for months or even years, Christopher's affliction was diagnosed by his physician and a neurologist in Boulder. It is important to note that Battle Mountain High School employs a cognitive test called imPACT. It is required that any student who wants to play sports take the test to determine a cognitive baseline. If they do incur a head injury, they are tested again to determine if their level of cognition has slipped below their baseline.

As a family, they began the medical and holistic journey towards his recovery. That journey continues to this day. Leslie immediately noticed how much these efforts helped, but it was when she found out about HUH that things really started to come together. Christopher began to attend HUH meetings after he graduated from Ft. Lewis College in 2019. At the meetings, he found support from those with similar issues. Leslie and her husband attended as well in their roles as caregivers. It was in 2019 that Leslie joined the board.

Today, Christopher is employed by the Eagle County School District as a substitute teacher! He still suffers from chronic migraines and pain, but due to the care he is receiving from a neurologist in Denver and other

avenues he has been pursuing, he has been improving.

Heidi Press's journey to the board of HUH differs from her four colleagues in that she did not have a family member who suffered a traumatic brain injury. It was rather more circuitous. Her family had been coming to the Valley for 30 years, and she had always dreamed of living here one day. On one of her visits prior to moving, she made the acquaintance of Diane Smooke through a mutual friend. Diane knew of Heidi's qualifications through that mutual friend and invited her to a future meeting on the HUH group the next time she visited. That time came in January of 2020 when Heidi's visit coincided with a HUH board meeting. And the rest, as they say, is history.

When covid struck, she had been living in New York City for 17 years and had been employed by the New York City Department of Education as a practicing Occupational Therapist. The pandemic was the final push she needed to make the move to Minturn so she picked up stakes and headed west. She secured a position in her field at the Eagle County Board of Education where she remains today. Within the school system, she is a part of BrainSTEPS Colorado which is a state-wide program that develops and delivers educational services for students who have suffered brain injuries.



Today, as a member of the HUH board, her role is one of clinical advisor, rather than victim advocate. Going forward, Heidi's goal is to increase community awareness of TBI and its devastating effects on both victims and their caregivers and to develop ways to make prospective employers more sensitive to the subtle signs of brain injury and to be tolerant of them. She is also a strong advocate, along with her board colleagues, for the addition of a neurologist to the Vail Health staff.

Heads Up for Hope was created from nothing by five people all with different backgrounds, different experiences and different talents, but bound together and determined to improve both the awareness of TBI

and its effects on both the survivors and their families, as well as our community's ability to help those who have suffered TBIs move forward and thrive despite their devastating injuries.

Currently, there are no plans to include TBI treatment or research in the Eagle County Behavioral Health's project currently being developed in Edwards, but it is the fondest hope of the leadership of HUH that they eventually recognize the insidious nature of brain injury, the stress and damage it can cause both survivors and their families, and the importance of facing this tragedy head on. Based on what my eyes were opened up to during my interview with their leadership group, this cannot happen soon enough.

As to what Heads Up for Hope offers the Valley, let me quote from their website, [www.headsupforhope.org](http://www.headsupforhope.org):

*"Heads Up for Hope offers a community support group for you after your brain injury and for your caregivers or family members. A brain injury is a hidden injury, but it can affect all of you. Heads Up for Hope offers a safe, informative atmosphere for sharing frustrations, challenges, and difficulties, with others who are also experiencing similar issues. Within the group, our members offer concrete ideas for managing daily life, exploring*

*the strategies for alternative ways to do things, celebrating accomplishments and providing reassurances for a better day and a better life."*

Currently, HUH has no paid staff. The entire leadership group are volunteers, but volunteers with the drive and determination of the most experienced and learned experts. They intend to change how our little corner of the world deals with TBI, and I strongly recommend that you not stand in their way for that change is coming.

If you or someone you know has suffered a brain injury and is having difficulty managing daily life, please visit their website or give them a call at **976-306-HOPE (4673)**. And remember their mantra: **YOU ARE NOT ALONE.**

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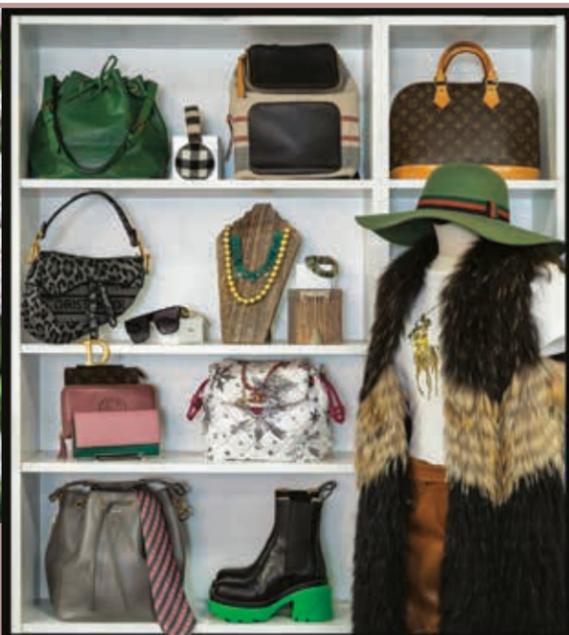
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# My Pledge to Our Veterans

Hannah Robbins is Awarded the Patriot's Pen



Hannah Rollins, with her parents, Cherie and Rob, and post trustee and presenter David Strandjord outside ECCA.

CONTRIBUTED BY HANNAH ROLLINS, SINGLETREE RESIDENT

Conducted nationwide, the Patriot's Pen is a VFW-sponsored youth essay competition that encourages students to use their minds and knowledge of America's history and their experience of today's American society to write essays expressing their views on an annual patriotic theme. Patriot's Pen allows 6th, 7th, and 8th-grade students to share their opinions as well as improve their writing skills in competition for awards and prizes. This year, Singletree resident Hannah Rollins was a recipient of a Patriot's Pen award. Here she shares her essay in response to the 2022 - 2023 theme: "My Pledge to Our Veterans".

## MY PLEDGE TO OUR VETERANS

The veterans of our country are many things. They are sons and daughters. Some are parents. Some are friends. Some are husbands or wives. All of them made a great sacrifice for our country that is deserving of celebration, and recognition. According to [combatwounded.org](http://combatwounded.org), there are more than 2.5 million post military veterans that have served our nation. That is a large fraction of the population who

is loyal to our country and fought for our safety and independence. My time in the Civil Air Patrol showed me firsthand the true loyalty and commitment that the military is. It taught me about values and leadership that veterans apply in their daily lives.

My grandfather served in Victorville, California on an Airforce base; it affected his family and his whole life in general, even though he has not served for a long time. My Great Uncle served in the Korean War in Cheju Island, Korea, at a Chinese prisoner of war camp. A lot of veterans suffer from serious mental illnesses such as PTSD (Post Traumatic Stress Disorder), depression, and severe anxiety. They deserve recognition and respect for the sacrifices they have made for our country. According to [www.nami.com](http://www.nami.com), around 11-20% of veterans experience serious PTSD in a year. That is around 425,000 (or more) people. The best thing we can do is be grateful that they gave their emotional health for our safety, that is what a truly wonderful person acts like, putting others before themselves. Though there is nothing we can do

to wipe away their trauma, we can still thank them, respect them, and recognize their sacrifice.

Why? Why honor the veterans of our country? There are so many correct answers to this question. We should honor the veterans of our country because they sacrificed their physical, and mental health for the sake of our country staying safe. They thought of us first, in other words. Many gave their lives for our country and our people. The country is showing respect and gratitude for these loyal and brave souls that saved our country. According to [www.census.gov](http://www.census.gov), in 2017, about half of the veteran population received a cash or non-cash benefit from the VA or the military. The multiple National days dedicated to the acknowledgment of veterans' sacrifices, such as Memorial Day, Veterans Day, Armed Forces Day, and Veterans Month, give everyone the chance to show their respect. To wrap up everything said today, veterans have my deep respect and have made so many sacrifices for our country and our people, so this is one important reason we should honor them.

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