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**PHILLIP  
D' ANDREA,  
LILY WHELAN  
& KYLE ROSS**



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**A**

**AGENT**  
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**C**

**CONTINGENCY**  
A condition that must be met in order for a real estate contract to be finalized.

**D**

**DOWN PAYMENT**  
The amount of money that a buyer must pay upfront as part of a real estate transaction.

**I**

**ICE DAM**  
Ice formation on the roof edge caused by the thawing and re-freezing of snow on the overhang.

**J**

**JOINT TENANCY**  
A legal term for when two or more people own equal shares of the same piece of property.



**L**

**LISTING PRICE**  
A list price is the price of a home for sale set by the seller and listing agent.

**W**

**WALK-THROUGH**  
The final inspection of a home by a buyer before finalizing a deal to purchase the home.



**Y**

**YIELD**  
The interest or return earned by an investor stated as a percentage of the amount invested.

**Z**

**ZONING**  
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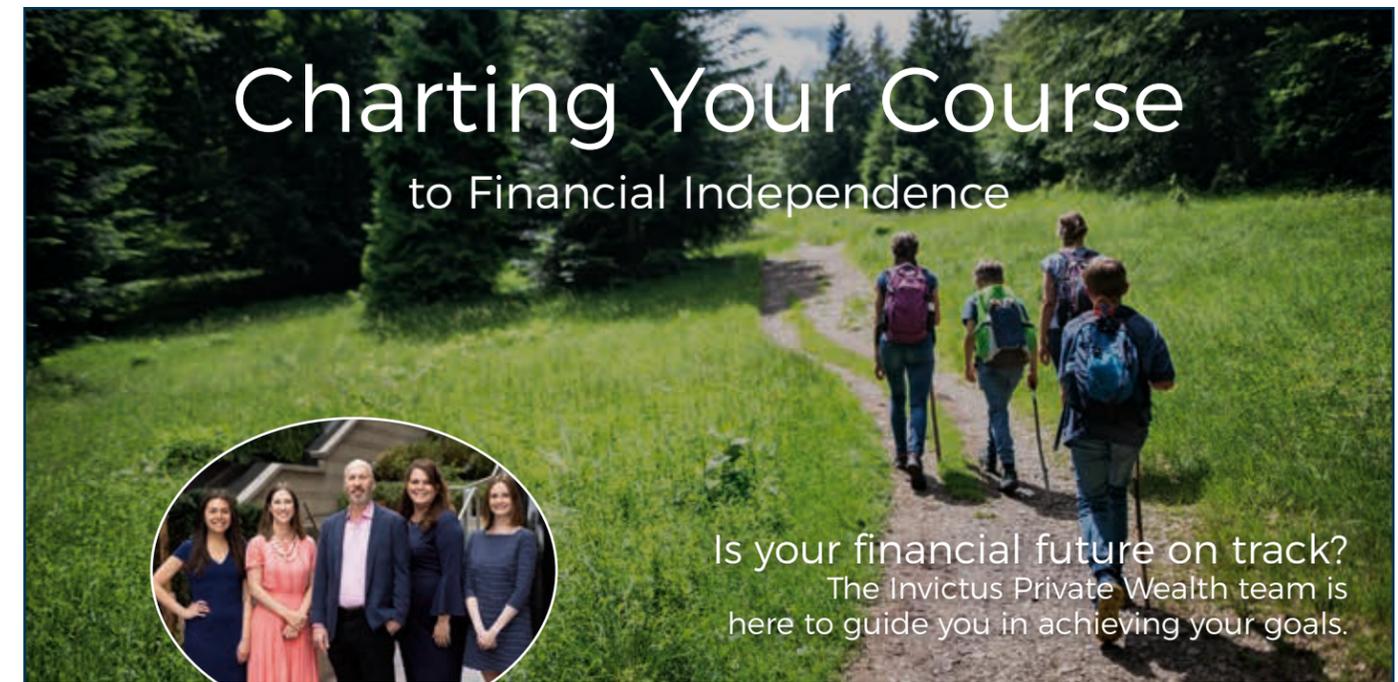
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INSIDE  
*Singletree*

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Delivering Neighborhood Connections  
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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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### PUBLISHER'S NOTE

# Hello, Singletree Residents!



As we dive into the heart of summer, I am thrilled to present the July issue of your neighborhood magazine!

To begin, we showcase three inspiring patriotic essays written by our Singletree graduating seniors: Kyle Ross, Lily Whelan, and Phillip D'Andrea. As part of the application process for the Minturn Mt Holy Cross Post 10721 scholarships, these essays eloquently reflect their personal values, a deep love for our community and our nation, and an unwavering dedication to building a better future. In addition, Kyle Ross shares with us the journey that began with his intentional decision to battle an innate lack of motivation (aka self-professed laziness) to challenge himself mentally and physically to ultimately achieve his athletic goals.

Ayla Sherman leads us on a delightful adventure to the enchanting city of Amsterdam as *Travel Tales* takes you through picturesque canals, vibrant tulip fields, and charming neighborhoods. And we bring you the endearing tale of Boo, a furry friend who left his Georgia roots for Colorado. Join us in welcoming Boo as he adjusts to his new home, makes friends, and discovers the joys of living in Singletree.

The 2023 Walk to End Alzheimer's will take place on Saturday, September 23. Inspired by her personal experience with the disease, Julie Herr shares her reasons for walking to support Alzheimer's care, support, and research.

In this issue, we are also pleased to shine a spotlight on three of our outstanding sponsors. We delve into the world of art and framing with Will Theoharides, the owner of Avon Frame Shoppe, and Elisse Kelly, the owner of Sweeping Change, reminds us of the importance of maintaining clean and healthy public spaces in our community. Kathy Perez, the owner of Golden Tails Dog Walking, introduces us to her dedicated team who provides dog walking services to keep our furry friends happy and active. Your neighborhood publication would not be possible without the generous support of our sponsors.

As we embrace the spirit of Independence Day, I wish you all a joyful and memorable Happy 4th of July!



Sincerely,

*Holly Proctor*

Area Director  
303-859-3369  
[holly.proctor@n2pub.com](mailto:holly.proctor@n2pub.com)

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# JULY 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.



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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!



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## JOHN TYLER

Singletree Resident for 19 Years

**Did you know:**

- » Singletree consists of 1,058 parcels. Of these, there are approximately 438 Single Family Homes, 432 Duplex Homes, 60 Town Homes and 58 Condominiums with fewer than 10 residential home sites remaining undeveloped.
- » Singletree's HOA fees and mil levy are one of the lowest in Eagle County and we do not have to pay a real estate transfer tax.
- » Singletree has one private 18 hole golf course, 1 restaurant and bar, 5 trailheads, 6 parks, 6 ponds, 1 community center with gym, 1 soccer field, 1 basketball court and 1 frisbee golf course.
- » The Eagle River is only .33 miles from the southern edge of Singletree (Rawhide Road and Winslow) with the Arrowhead Day Skier Lot located exactly 1 mile from the same junction.
- » Approximately 50% of Singletree's residents live here full time creating a vibrant and active community.

**If you have a fun fact to add please let me know, scan here** →

**Local Address:**  
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Forbes GLOBAL PROPERTIES

# WHAT DOES PATRIOTISM MEAN TO YOU?



Kyle Ross, Lily Whelan, and Phillip D'Andrea Share Their Backgrounds, Experiences, and Patriotic Commitments to Our Community and Our Country

CONTRIBUTED BY PHILLIP D'ANDREA, KYLE ROSS, AND LILY WHELAN, SINGLETREE RESIDENTS  
PHOTOGRAPHY BY FAMILY HEIRLOOM PHOTOGRAPHY

Each year, high school seniors undergo the process of evaluating college options, completing the application process, competing for coveted scholarships, anxiously awaiting the outcomes, and ultimately making decisions that will help to define their life's journey.

Based on merit and not necessarily need, the MINTURN MT HOLY CROSS VFW POST 10721 scholarship is awarded to a graduating senior who will be attending an accredited school in the United States. Preference may be given to a student with family members who have served honorably in the military, however, any senior is eligible for this scholarship award in the valley's six high schools. Of utmost priority, the Scholarship Committee seeks good citizens who promote patriotism and understand the value of helping others and our world.

In addition to submitting a comprehensive application including their high school transcript, extracurricular work, activities, and volunteer history, a letter of recommendation, their intended school and course of study, and a list of family members who have served in the military, each applicant must write a one-page essay answering the following question: "What does patriotism mean to you?"

Recently featured in the *Stroll Singletree Graduation Issue*, Kyle Ross, Lily Whelan, and Phillip D'Andrea are three outstanding members of the Class of 2023 who applied for the Minturn Mt Holy Cross Post 10721 scholarship this year. In the spirit of celebrating the independence of the United States, we are proud to present their patriotic essays to the neighborhood and we thank each of them for their commitment to our community and our country.



## KYLE ROSS

What does patriotism mean to me? As the son of a family deep in military heritage, I have grown up with a profound understanding of the sacrifices and dedication required of those who serve our country. My father, uncles, and grandfather have all played significant roles in the military, and their service has inspired me to strive for excellence in all that I do. They have passed down to me the values of integrity, duty, and sacrifice, which have become the foundation of my own sense of patriotism.

In addition to my military family heritage, I am also proud to be a member of the Sons of the American Revolution. This organization is dedicated to preserving the legacy of the American Revolution and the values upon which our nation was founded. Through my involvement in the Sons of the American Revolution, I have learned about the history of our country and the many sacrifices made by those who fought for our independence.

For me, patriotism goes beyond simply loving my country. It is about feeling a deep sense of pride and responsibility to uphold the values and ideals that make America great. As an Eagle Scout, I have had the opportunity to translate this sense of duty into action through service projects that benefit both my community and the country at large.

One of my proudest accomplishments was completing my Eagle Scout project at the Red Cliff Cemetery, which involved creating a dedicated kiosk with a map of local veteran locations and cleaning veteran headstones. This project not only allowed me to pay tribute to those who have served our country, but also gave me a deeper understanding of the sacrifices made by our military members and their families.

As I continue to pursue my own path, I am inspired by the legacy of service and sacrifice that has been passed down through my family. I am driven to make a positive impact in my community and in the world around me and to use my skills and knowledge to create a better future for all Americans.

In the end, patriotism is not just about waving a flag or singing the national anthem. It is about embodying the values of service, sacrifice, and duty, and using those values to make a positive impact in the world. As a member of a military family and as an Eagle Scout, I am proud to continue this legacy of service and to do my part to build a brighter future for our country.

# LILY WHELAN

Patriotism has a very special meaning and connection to me. I have many family members who have served in the military, most notably, my two uncles. I am very proud of both of my uncles. My uncle Joseph Whelan was a colonel in the Special Forces and actively fought in various battles throughout the Middle East. My uncle James Whelan was a colonel and flight surgeon with the Air Force, serving tours in Iraq and Afghanistan.

Many feel that to be a patriot one must serve in the armed forces, however, to me, being a patriot doesn't necessarily mean fighting in the armed forces. For me, being a patriot means defending our country and our constitution against threats both foreign and domestic. Some of these threats emanate outside our borders, such as when a foreign government hacks into our pentagon. Yet, other threats reside within our own borders, such as demonstrations where our own

civilians burn the American flag in protest. Our flag serves as a symbol of American pride and should never be burned or defaced in protest, regardless of your displeasure. Patriotism implies many different things - bravery, selflessness, grit, determination, and maybe most important of all, integrity. I view integrity as choosing to always "do the right thing" even in the face of adversity.

Patriotism is not easy to define and means many different things to me. I am proud of all those who have sacrificed, were selfless, and served in the military. I am currently in rehabilitation for a traumatic brain injury that I sustained in 2021. For this reason, I hold a special place in my heart for those who have suffered a similar type of injury while serving our country. At this time, I may not have the calling to serve firsthand, but I greatly admire and respect those who have, and know I will continue to defend my country and support those who serve in other ways.



# PHILIP D'ANDREA

To me, patriotism can be shown in many ways, not strictly by serving in the military. Patriotism to me is giving back to my community and conserving the natural environment. Through my time involved with the local Boy Scout Troop 231, I have done many volunteering service projects through multiple non-profits to give back to my community.

I have also honored veterans during the VFW Memorial and Veterans Day ceremonies by replacing the flags of deceased veterans at the Red Cliff and Minturn cemeteries and attending the Freedom Park Memorial Ceremonies. By doing these things, I am a patriot to my local community by making the effort to take care of the environment and honor local heroes that should be remembered. Veterans need to be remembered to honor their service and what they have done to make our country a better place, so as US citizens, we should pay that respect and never forget their service to us.

Similarly, if people do not make the effort to preserve our natural environment, the US will not be able to maintain its natural beauty in the future and the beautiful US soil that we have today will be forgotten. I do my part by making sure my impact on the environment is minimal, through all the adventures I do. For example, I have volunteered with the Vail Valley Mountain Trails Alliance to maintain and protect our local bike trails since I use them often. I want to make sure that the natural beauty and recreation I enjoy today, especially in the beautiful Vail Valley, are preserved for future generations of Americans.

My idea of patriotism is personal because I have a passion for the environment and I enjoy using and spending time in the beautiful American outdoors. I would like to carry this idea of patriotism with me through my college experience and studies, so I can be the best citizen and steward of the US environment that I can be. Patriotism can be defined as many different ideas for different people. Giving back to my community and making an effort to preserve my natural environment are just a few examples of how I would define patriotism. I make this effort to incorporate patriotism into my life so I can honor and care for the great country I am privileged to live in.



And the results are in... We are THRILLED to announce that Kyle, Lily, and Phillip were each awarded a MINTURN MT HOLY CROSS VFW POST 10721 SCHOLARSHIP! Congratulations from your neighborhood!

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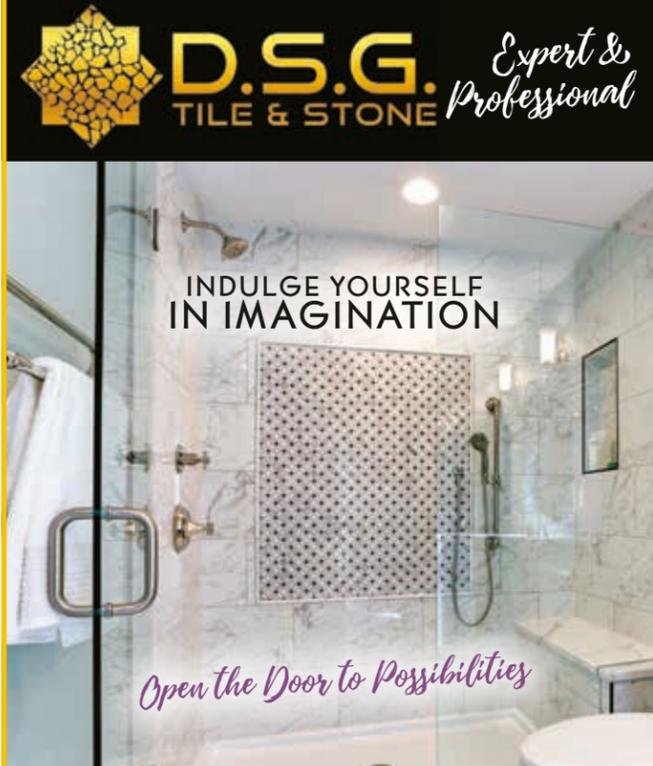
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Art and art education have always played an important role in his life and this quote reflects much of the philosophy that has led Will Theoharides, owner of the Avon Frame Shoppe, to this point. Born in Manhattan and raised in New York City and Westchester County, Will's path began working for his father at his advertising and design studio on Madison and then

Park Avenues; he completed his first press check at age 10. He went on to work for a child psychologist researching children's responses to television programming while in high school. In college, Will earned a Bachelor of Fine Arts (BFA) degree and a minor in marketing and business.

He began his professional career working for the Children's Television Workshop's Sesame Street and The Electric Company in 1983 as an art department assistant, and later, as an art director on the publishing side. In 1992, he merged his own corporate communications, marketing, and branding firm with his father's business, serving clients including IBM, Panasonic,

and Hitachi for decades. To this day, Will refers to his father as his "best teacher, friend and hero".

Following the death of his father in 1994, Will began spending the winters skiing in the Vail Valley before moving here full-time in 2016. In early 2019, he acquired the Avon Frame Shoppe, recognizing the unique opportunity to blend all his skill sets, background in fine art, business sense, and affinity for carpentry with his passion for making, collecting, and preserving art. Today, his love of art often extends to understanding, and sharing with others, how essential art is in the home.

Art plays a crucial role in creating a welcoming and inviting atmosphere. Your home should be your family's own personal museum or gallery, each room an installation that inspires, every wall a canvas to be composed. Art can be anything that you find, that brings joy, evokes thought, elicits memories, or is just fun. (Of course, as long as it's framed properly! Ha!) What eventually becomes a "collection" tells a story about your lives led, becoming a wonderful way to keep those experiences alive and to share them with future generations.

Today, Will balances the job of running the frame shop with his passion for creating his own art. In his professional role, he offers framing solutions ranging from basic functional frames and custom mirrors to high-end

archival and highly specialized frames. In doing so, he has earned himself a stellar reputation for delivering quality products and exceptional customer service.

When not applying himself to the business, Will immerses himself in the creation of art, applying layers upon layers of paint onto canvases. The inspiration can be as random as the way a roll of tape sitting on his worktable looks, fresh snow on the mountains, or a sunset on a beach. Sometimes his work entails upcycling his old paintings or found objects. The way one's perspective can be altered just by rotating a painting, for instance, a beach scene transforms into golden aspen trees in fall when turned upside down, can be exhilarating. Art is personal and subjective, what works for one does not always work for another. Some look for the beach and some look for the aspens, and as an artist, you have to be willing to accept that fact.

Avon Frame Shoppe is located at **281 Metcalf Road, Unit 205, in Avon.** Contact Will at **970-845-9558** or **wpt@avonframeshoppe.com** for an appointment to discuss your framing needs and/or if you have an interest in viewing or purchasing his art.





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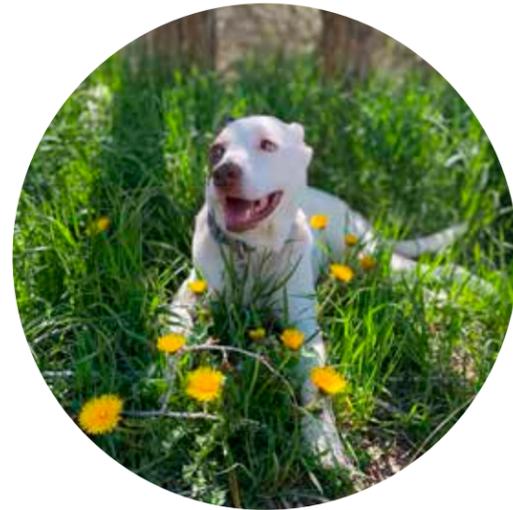
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## Meet Boo Olson - Georgia Dawg Turned COLORADOG

CONTRIBUTED BY BOO OLSON, SINGLETREE PET

Hello Singletree! Thanks for asking me to share my tail, er tale. I'm Boo, and I moved here from Decatur, Georgia in August of 2021. My Dad (Darin) had some sort of mid-life doctor crisis, and decided it was time to leave Emory and work at CMM. Well, he was born in Boulder, which could partially explain things. From the get-go, we knew it was a perfect fit - my next-door-neighbor-pet turned out to be another Boo (but she's a cat)! I wonder how many other four-legged Boos are out there waiting to meet me?

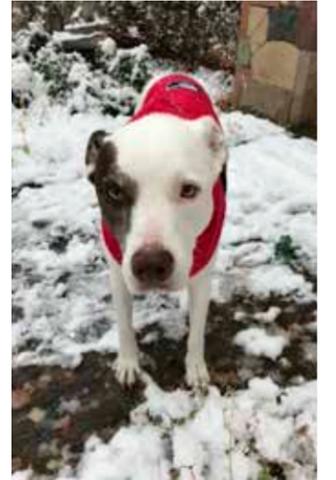
I've really and truly won the dog lottery now that I'm here. Who would have imagined that the painfully anxious, pit-mix puppy adopted from the DeKalb County Humane Society over eleven years ago would end up with her own fireplace, two down jackets, and multiple sheep-skin rugs to lounge on around the house all day? I've also got my golf course to investigate, which is especially fun in the wintertime, but for some reason Mom and Dad won't let me go there right now. When it's warm, I'm happy to settle for sunning in the back yard and communicating with folks teeing off on Hole 17.



I've got a lot of nicknames (Mom is good at those) and answer to Boobler, Bun-Bun, and Bumble in addition to Boo. My favorite teams are UGA Football, Duke Soccer (my Dad played there), Emory Soccer (my sister Abby played there) and GCSU Soccer (my brother Devin played there). I can get behind Deion and the Buffs now, since he was a Falcon for a while. I don't ski, but I am decent at riding the gondola.

Shotgun Circle is an excellent place to be a dog, as I get to hang out with Allie, Rocco, Luna, Murray, Bella and Indie all the time. But my best pal is Titus - together, we explore trails and watch our owners do incomprehensible things like sled and watch sunsets. Dad also lets me explore the woods, and makes me walk up lots of hills, but I don't mind because I know that I get to sleep late the next day. In fact, you won't usually see me up and out of my house before 9:00 because Mom has trained me to be an excellent sleeper like her!

Moving here from the big city certainly turned our lives upside down, but that's helped me to see some things more clearly. Let me share a few with you! One, there are new friends around every corner. Two, there is calm and joy in spending time outdoors. Three, it's important to pursue what you love to do every day. And four, be thankful for having friends & family & this beautiful place in which to enjoy them.



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# Discovering Amsterdam's Hidden Treasures: A Symphony of Tulips, Canals, and Museums

CONTRIBUTED BY AYLA SHERMAN, SINGLETREE RESIDENT



Cobblestone lanes, endless canals, and beautiful flower boxes. Amsterdam is a charming city with 62 miles of historic tree-lined canals accompanied by historic canal houses. There's something for everybody in this city. Known for the Anne Frank House and Red Light District, I took a different approach to my off-season break. My trip consisted of wandering around quaint streets, visiting many museums, touring tulip gardens, and eating all the sweets. There's so much to do in Amsterdam and even though I had only a week, I had to cull my list to keep myself from cramming too much into my itinerary.

Getting around is simple, you can travel by foot, rent a bicycle, or get on a tram or bus. I opted for the "I Amsterdam" card; you get access to public transportation, a canal cruise, bicycle rentals, and passes to most of the famous museums. What's nice about Amsterdam is that if something isn't included with "I Amsterdam", you can easily book it beforehand but pay attention to dates; a lot of museums can book up quickly so it's best to get your tickets in advance.



When I arrived in Amsterdam on May 5th, they were celebrating Bevrijdingsdag, which is the celebration of the Netherlands being freed from the nazi occupation after World War II. I wasn't sure what to expect but quickly found that there were parades throughout the city and free musical performances. Everyone was out in the streets celebrating and many sculptures



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had fresh flowers placed around them out of respect for those who lost their lives.

Late spring is a beautiful time to visit Amsterdam because this is when the tulip gardens in Keukenhof and tulip farms peak. This is partially the reason why I booked my trip to Amsterdam. Unfortunately for me, the first half of my trip was warm and sunny then the weather turned for the last half into rain. The tulips were an amazing site to see even on a rainy day. Keukenhof has 79 acres and is home to 7 million flowers which include over 800 species of tulips. Known as the Garden of Europe, it is the world's largest flower garden. They ship bulbs to the States, and yes, they can grow in our climate! It was a beautiful site to take in and it reminded me of Disney.

There are a lot of side areas you can explore in Keukenhof. The tulip farmers are very proud of their hard work and willing to answer any questions about gardening. Another wonderful nature spot is Hortus Botanicus. Amsterdam is home to the oldest botanical gardens in the world and a 350-year-old potted plant, the eastern cape giant cycad. This plant was added to their collection in 1850, from the personal collection of King William II of Netherlands. You can get lost in the myriad of greens and serene, beautiful nature in the heart of Amsterdam. It is truly an urban jungle.

I started my trip at the Van Gogh Museum, which was my favorite. The Van Gogh Museum has an enormous collection of sketches, letters, and even rare paintings.



It's home to pieces such as Almond Blossoms, Bedroom in Arles, The Potato Eaters, and Irises. There are letters between Picasso and his brother that illustrate his life in a deeper, more meaningful way than I had ever studied before. The museum is owned by Van Gogh's family so while they guard his legacy diligently, they also share as much as they can with the visiting world. Van Gogh is the most famous artist from the Netherlands and this museum is so worth a visit. That being said, it's important to book your tickets ahead of time to skip long lines and guarantee your reservation.

Next to the Van Gogh Museum, I had a ticket for the Rijksmuseum. This is a little more expensive than the

Van Gogh Museum but as an art and history enthusiast, I couldn't pass up the chance to see it. The Rijksmuseum chronicles 800 years of Netherland heritage, ranging in works from Rembrandt to period artifacts. They even have an extensive section on navy ships that utilizes models from the late 17th century and interactive holograms. One of the Rijksmuseum's most famous works of art has a hall that was specifically built for it in the early 20th century: the Night Watch, by Rembrandt, which lives in the Night Watch Hall. Other notable works are The Milkmaid, Square Man, and Sampling Officials.

A unique museum I opted to visit was Kattenkabinet, an eclectic art museum devoted to cats. Their collection consists of Picasso, Rembrandt, Toulouse-Lautrec, and many others. I enjoyed touring this museum with a couple of furry tour guides who were all too eager to keep me company. They were very good at their jobs. A notable work I saw was Tadaaki Narita's Lucky cat pinball machine. It's a very small museum so it's easy to get through and also gives you time to enjoy the space. I really enjoyed sitting in the garden and listening to the sounds of the city.

My second favorite museum was Foam, a photography museum. It's a small museum that will suck you in and enthrall you for hours. They have a couple of exhibits you can view that change every few months. I would recommend a visit to this museum as much as Van Gogh. They display different photographic genres by well-known photographers and works from young up-and-coming artists. They also have a café where you can relax before going about your day. My favorite exhibit was Ernest Cole, House of Bondage, and Sem Langedijk, Haven. The museum organizes each exhibit in an interactive way. Not only do you view vintage photographs or new digital prints, but you also see contact sheets and other personal effects that bring life to the exhibits. It's a must-see because it's interactive, light, and interesting. The collection consistently changes so there's always something new to be seen.



Amsterdam is nicknamed "Venice of the North" because of its many canals and waterways, which are now designated a UNESCO world heritage site. It is also because of the oceanic climate that Amsterdam experiences 200 days of rain a year. That's about 33 inches annually. Exploring the city in the rain was a wonderful excuse to duck into a boutique for some shopping or a restaurant to rest my feet and people-watch. I was lucky enough to visit one of Amsterdam's new fusion restaurants, The Secret Garden, a Japanese-Peruvian culinary experience. You are instantly transported to a beautiful lavish forest that looked like something out of a fairytale. They have botanical and bird murals lining the walls decorated with Peruvian trinkets and rows of glass doors that open to a secret garden. My favorite meal was their beef tenderloin and a few rose martinis.

Stroopwafels, thick Dutch fries, duct pancakes, apple pie, and anything else you could ever want to eat can be found on every street in Amsterdam. There is no amount of walking I could do to offset these foods and the many other sweets I found. Patisserie Holtkamp serves traditional treats in an art deco-style bakery shop. Beautiful croquettes, fruit tarts, cakes, and chocolate bonbons. This cute little bakery has it all; you can't go wrong with anything you pick.

While I spent a week in Amsterdam, there is still so much I didn't get to see or do. Having a plan beforehand goes a long way but don't plan your day to the point that you can't enjoy this city. There's too much to cram into one trip. Instead, pick a couple of things to do each day on your own or with a tour. Then explore until you find lunch or dinner. Whether you're into history, culture, architecture, or nightlife, you won't be disappointed with a visit to Amsterdam.





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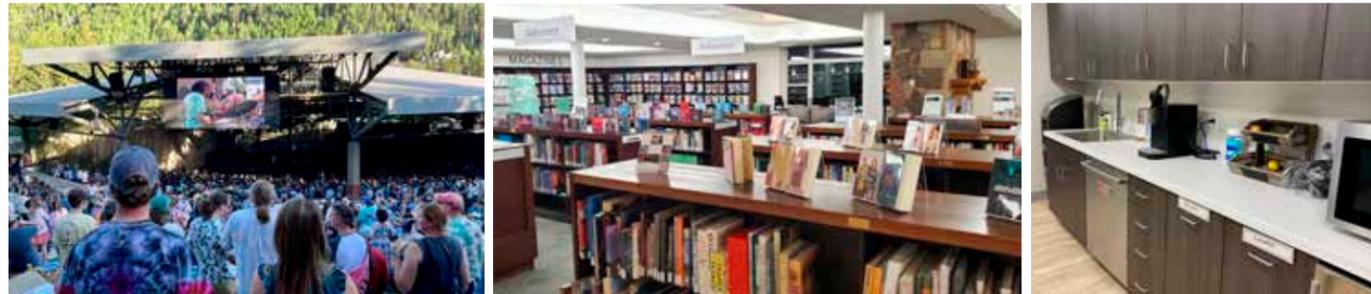
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While Sweeping Change is recognized for providing exceptional cleaning services for the home, not everyone is aware that owner Elisse Kelley extends her professionalism, reliability, and cleaning knowledge and expertise to the commercial realm. Sweeping Change launched in May of 2016 to offer residential *and* commercial customers full-service cleaning services designed to meet their specific needs in an eco-friendly manner. Fast forward 7 years and Elisse's vision has become a reality.

"I saw a need for a new kind of eco-friendly cleaning company and knew I could make it a success for both myself and a great staff of local employees who were looking to make a difference," Elisse recalls. Today, Sweeping Change is served by a staff of 35 employees happy to assist in your cleaning needs.

It goes without saying, cleanliness is essential for a healthy and safe environment. But not all cleaning companies are as well versed in the availability of cleaning supplies, the most effective products, staff training, and the inspection procedures required to meet the requirements of public spaces. Combined with a suite of proprietary task management tools, Elisse is able to ensure her team can go above and beyond for all of their customers, no matter the size or nature of the property.

*"We have been working with the team at Sweeping Change for several years now and have always been impressed with their professionalism and attention to detail. They have consistently provided us with high-quality work that meets our needs and exceeds our expectations. We highly recommend them for any commercial project."*

PETER BLOSTEN, OPERATIONS DIRECTOR - GERALD R. FORD AMPHITHEATER

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When Elisse is not tending to the needs of her business, she finds the greatest joy spending time with her daughter, Quinn, and son, Aidan, skiing, hiking, or traveling as a family.

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# TEAM HERR WALKS FOR A CURE

CONTRIBUTED BY JULIE AND GARY HERR, SINGLETREE RESIDENTS



Julie's family celebrating Rosemarie's birthday



Gary with his father, Wayne

My mother passed away in September at the age of 98 having had dementia since her early 90s. Gary's father passed away at age 92 with his dementia symptoms beginning in his mid-80s. These were some of the most difficult years of our lives because we just didn't know where to turn for support. We had to figure things out along the way by trial and error. We want to raise awareness about the disease, remove the associated stigma, and help others navigate the long and painful journey.

Our story begins with Gary's father who lived on his own in Albuquerque. We were seeing signs of memory issues, but one of the most telling was when we took him to a doctor's appointment at age 84 and he said emphatically, "I'm not 84, I'm 70!" Gary was the only caregiver and as the disease progressed, we had to move him to an assisted living facility in Grand Junction to be closer to us. We visited him every weekend; he still was able to drive (or so we thought). He was able to make short trips to the grocery store and visit the monument and be in the mountains.

This worked out ok until one day when we had him come to our house for the weekend. When it was time for him to head back to Grand Junction, I jokingly said, "You know how to get home, right?" Later that evening we received a phone call from a gentleman who had Wayne at his apartment building in Albuquerque. He was confused but thankfully okay. His wandering tendencies continued, and we ended up having to move him to a memory care facility in Denver. It was so sad when he reached the point where he didn't always know Gary.

I am blessed to be part of a large family with 8 siblings and when Mom started to have symptoms, we had honest conversations with our dad and thankfully all ended up on

the same page. Dad was Mom's caregiver at home, and we all tried to help. My two younger brothers lived closer, and they could check in frequently. The rest of us traveled to Missouri as often as possible.

In 2019, due to safety concerns, Mom and Dad moved into an assisted living facility where he continued to be her primary caregiver and they were able to enjoy a lot of independence. Then came COVID and the isolation caused Mom to begin the long spiral down. She was a kind and loving person who handled the disease with humor, and we are grateful for that as we know dementia often comes with devastating behavioral changes.



Julie's mother, Rosemarie



Team Herr at the Walk to End Alzheimer's in 2022

- We walk for a cure. We don't want our children and their children to go through what we did.
- We walk to raise awareness so that others know the right questions to ask and have access to the resources available.
- We walk to remove stigma. This is a disease like any other. Your parents aren't "losing it", they are sick.
- We walk as **The Herr's, Gary & Julie** in the Rocky Mountain Walk to End Alzheimer's and invite you all to join us!

The 2023 Rocky Mountain Walk to End Alzheimers on September 23 at the Brush Creek Pavillion in Eagle. To learn more, make a donation, or register to walk with the Herrs' team, please visit [act.alz.org](http://act.alz.org).





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- Access community maps including roads, hiking trails, plat filings, and the **Wildfire Evacuation Plan.**
- Visit past issues of your neighborhood magazine, **Stroll Singletree.**

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# WE DON'T STOP UNTIL THEIR TAILS ARE WAGGING!

Golden Tails Dog Walking helps create the best life for your furry friends



Kathy Perez is the powerhouse behind Golden Tails Dog Walking. As a full-time dog lover and a small business owner, she created Golden Tails Dog Walking with other working professionals in mind. Kathy prides herself on finding joy in 'enriching pups' lives through daily walks, companionship, and care so that the people who love them can have peace of mind while they work.

At Golden Tails Dog Walking, their motto is "We don't stop until their tails are wagging!" which truly shows their dedication to making your dog happy through daily exercise. Here we get to know Kathy and her Golden Tails team.

**Where are you from originally and how and when did you land in the Vail Valley?** I was born in Costa Rica and raised in Miami from a very young age. I arrived in the Vail Valley almost 3 years ago and absolutely love it here. The scenery is absolutely beautiful and I get to enjoy all four seasons!

**When did you open Golden Tails Dog Walking?** I opened the first branch of Golden Tails Dog Walking in Miami in 2018. I was so excited to be able to expand my business and open the second branch here in the Vail Valley when I moved to the area.

**What is the most rewarding part of your role as the owner of Golden Tails Dog Walking?** I have worked hard to build a trustworthy, reliable team that really cares for our clients and their babies. We really do treasure that we become an extension of each family and we care for each dog as if they are our own. It goes back to knowing I am having a positive impact on the Vail community, that I am able to assist those that are in need of our services, and that I can provide great care for their family.

**What is the most challenging thing you have encountered so far in owning your own business?** Being a business owner requires you to juggle many items at once. The most challenging aspect is to make sure I am wearing the appropriate hat when needed. Fortunately, I have built an amazing team that keeps everything running smoothly so we can always focus on the number one thing: the babies we care for!

**What are your favorite interests and activities?** I love hiking, riding my bike, and getting outside to take in the spectacular views of the mountains.

## MEET THE GOLDEN TAILS DOG WALKING TEAM:



**KATHY** - Owner and Lead Caretaker - Kathy has always been around dogs and fully understands how important your pets are to you. It's why she created Golden Tails Dog Walking. Her mission is to help hardworking dog owners create the best life for their dogs.

**VICTORIA** - Caretaker - Victoria came to the Vail Valley from Michigan 7 years ago to pursue her love of being outdoors. She fell in love with dogs because she's had them in her life as long as she can remember and today, she has two of her own. She loves meeting all sorts of sweet dogs and cats. She finds being outdoors and seeing the beautiful scenery that surrounds us in this valley super satisfying!



**TAYLOR** - Caretaker - Taylor grew up in Des Moines, IA, on a small farm. Her love for animals from a young age made it an easy decision to join the Golden Tails team this past year. She moved to the Vail Valley in 2019 and began teaching art classes to children and adults. She has taught Paint Your Pet classes to countless locals! You may see her at any of the community dog parks with her two Australian Shepherds... Always feel free to say hello!



**MAE** - Caretaker - Mae came to the Valley in 2021 from Indianapolis, IN. She came to the mountains to pursue her career in natural resources and a passion for the outdoors. Mae fell in love with animals from a very young age. She grew up surrounded by her dogs, cats, rabbits, and guinea pigs. For her, dog walking was a natural fit and today she loves spending time in the great outdoors with furry friends all over the valley.



**ASHLEY** - Office Manager - Ashley is from Virginia and has owned cats her whole life. Ashley holds a degree in Animal Behavior and has worked at the Dolphin Research Center, the National Zoo in DC, and National Aquarium in Baltimore. In addition to her passion for animal care, Ashley loves reading and going to concerts.



To learn more or to schedule a Meet & Greet for your furry friend, please visit [goldentailsdogwalking.com](http://goldentailsdogwalking.com) or contact Kathy at 786-537-5869 or [woofy@goldentailsdogwalking.com](mailto:woofy@goldentailsdogwalking.com).



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# DEDICATION, DETERMINATION, AND PERSEVERANCE PAY OFF FOR KYLE ROSS

The journey from laziness, self-doubt, failure and injury to achieving milestones and inner peace

CONTRIBUTED BY KYLE ROSS, SINGLETREE RESIDENT

I have always aspired to achieve athletic success, yet my own laziness hindered my dream. Despite putting in considerable effort during my freshman year of high school, I found myself far from the top performers in any of the sports I participated in. Unfortunately, the onset of the COVID-19 pandemic further fueled my laziness and caused me to undo all the hard work I had previously invested. Consequently, my sophomore year proved to be challenging as I witnessed a decline in my athletic abilities, performing worse and slower than ever before. Enduring constant embarrassment and ridicule for my lack of speed and excess weight during that year, I found within me a determination to make a change.

During the summer of my sophomore year, I made a decision to dedicate myself to achieving athletic success. Through intense training and pushing myself to the limits, I experienced a significant improvement in my performance. Notably, I lost a considerable amount of weight, resulting in a large increase in my speed. With great anticipation, I looked forward to embarking on my junior year of sports. Unfortunately, my excitement was short-lived as I encountered a devastating setback: a week into the cross-country season, I suffered an injury that halted all activity other than walking. This unfortunate incident dampened my spirits.

Despite the setback, I persevered, engaging in alternative training methods in the hope of a speedy recovery. However, as weeks passed, my condition failed to improve, and I struggled with a growing sense of demotivation. Nonetheless,



I recognized that persevering with my diligent efforts might eventually yield positive results. Finally, after enduring a grueling six-week recovery period, I was able to resume racing, bringing a sense of joy to my heart. Remarkably, all the hard work I had put in paid off, as I managed to achieve a



personal record drop of two minutes, despite not being able to run during my injury. Nonetheless, a tinge of sadness remained, as I had missed out on the majority of the season.

In the subsequent athletic season, I ventured into Nordic skiing. Determined to establish a reputation for myself, I committed to an arduous training regimen, devoting hours each day to rigorous workouts in the gym and outdoor exercises. I was resolute in surpassing my teammates, going as far as driving to Breckenridge every weekend to ski on the scarce snow. Exerting more effort than anyone else, I harbored hopes of outperforming them all. Once again, my relentless dedication bore fruit. As the first race of the season arrived, I secured an impressive fourth place. This taste of victory ignited an even greater drive within me to push myself harder.

Once again, my journey took an unforeseen detour when, in the following week, I sustained another injury. While skiing, I inadvertently pinched my bicep tendon, leaving me unable to move my arm and unable to race. Despite the setback, I refused to let this tragic turn of events define me. Fully aware that I could still excel through unwavering determination, I invested countless hours in physical therapy and targeted strength training exercises to rehabilitate my shoulder. Undeterred, I persisted, and my diligence once again yielded positive results.

In the subsequent weeks, I achieved a notable fifth-place finish in another race. My dedication remained unswerving as I maintained my hard work, culminating in securing top 20 finishes in both disciplines at the State Championship Races. The realization that I could achieve even greater heights in my senior year spurred me to persevere beyond the conclusion of the Nordic season, diligently continuing my training efforts.

In the summer of my senior year, I made a deliberate choice to seek professional training, turning to Middaugh Coaching with the hope of surpassing my previous achievements. Throughout the summer, I dedicated multiple hours each day to rigorous workouts, splitting my time between the gym and engaging in activities such as running, biking, and roller skiing. The effort demanded great resilience, but I harbored a straightforward objective: to secure a top 10 position in every Nordic race. As the summer drew to a close, the cross-country season began, leaving me uncertain about my potential and the times I would achieve. Nevertheless, I wholeheartedly committed myself to intense training, pushing myself to the utmost limits.

My determination to excel even caused frustration among my teammates during long runs, as I relentlessly pushed the pace to a miserable level. Once again, my unwavering dedication bore fruit when I achieved a win in the first varsity race of the season. This taste of success ignited a flame within me, propelling me to intensify my training efforts and push my limits further. As the season progressed, I achieved multiple top 10 finishes in fiercely competitive fields, maintaining a varsity position throughout the entire season. Notably, I accomplished a remarkable drop in my personal record by nearly three full minutes, clocking in at an impressive 17:50—a milestone that filled me with profound pride.

As the seasons transitioned once again, I embarked on rigorous training for Nordic skiing, fully aware that my relentless efforts held the key to achieving the greatness I had always aspired to. Committing several hours daily to weightlifting in the gym and pushing my cardiovascular



endurance to its limits, I remained motivated and resolute in my pursuit of becoming the best version of myself. Once more, my hard work bore fruit when I emerged victorious in the first race of the season, showcasing my superior skills in skate skiing. Throughout the entire season, I consistently secured multiple top 5 finishes in skate skiing, along with several top 10 finishes, while also achieving top 15 finishes in classic skiing. My proficiency in skate skiing surpassed that of classic skiing by far.

As the season progressed, I eagerly anticipated the State Championship where my true capabilities would be put to the test. Regrettably, during the skate race at the State Championship, misfortune struck as my pole tip broke, leaving me on a challenging course with the use of only one pole. Despite the setback, I persevered, determined to give it my all. In the subsequent classic

race, with a chaotic start, I found myself being forcefully pushed over and unexpectedly stabbed in the hand. As if that wasn't enough, mere yards into the race, I became entangled in a pileup, adding to the adversity and ultimately leading to an unfavorable placement. However, amidst these trials, I maintained a sense of contentment, knowing deep down that I had given my absolute best.

I know that I am still young and can still achieve much more so I will continue to train hard and push myself to my limits knowing that each day I will be a little bit better than before. I plan to keep racing Nordic through a club in Utah, where I will be attending college. Through this journey, I have learned that if you try hard enough and persevere through misfortune and failure you will ultimately succeed. It's not whether you're good enough, it's how bad you want something.

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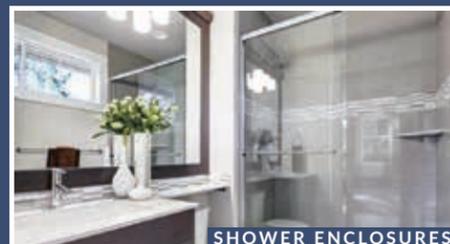
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