

September 2019

ALPINE Life



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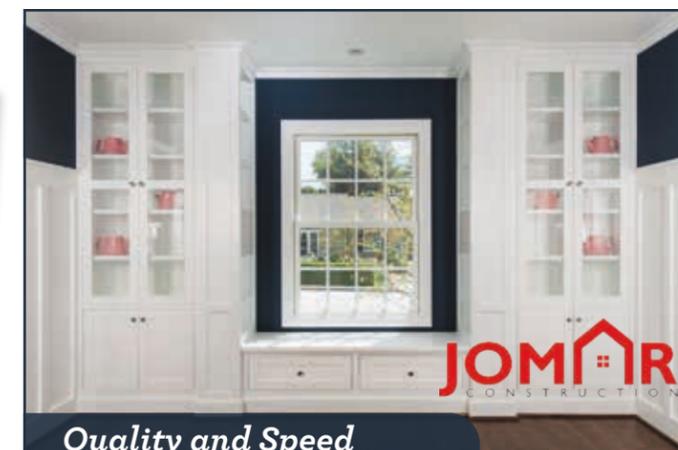
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ABOUT ALPINE LIVING

About *Alpine Living*

Our Mission

Alpine Life is a private social magazine produced exclusively for the residents of Alpine. The mission is to help this very unique and diverse neighborhood feel informed and connected as a community. This neighborhood publication exists to share uplifting and positive stories about the families, kids, pets, athletes, social groups, charities, events and businesses that make up this wonderful neighborhood.

Want To Get Involved With Our Neighborhood Magazine?

Right now, the publication is seeking social people in the Alpine community who would like to join the content committee. Our neighborhood content committee is the team of Alpine residents who are in charge of coordinating all of our articles. Their responsibilities entail finding people to be featured, directing and overseeing interviews, and sending us completed stories. This is intended to be a very fun, part-time hobby for everyone involved. This is your chance to take ownership of your neighborhood publication. If you or someone you know is connected (or wants to become more connected), has interest in journalism, and enjoys tasks similar to what you would find when working for a high school yearbook, please email beau.enslow@n2pub.com to find out more about joining the content committee. There are some awesome perks that come along with being a part of the team, and I cannot think of a better way to make more friends in the neighborhood! Email beau.enslow@n2pub.com for information.

Special Announcements!

Graduates. Missionaries. Weddings. Babies. Anniversaries. *Alpine Life* magazine is the place for that special announcement, "thank you," or congratulations! Send us your photos and information, and we will include it in our next publication. Send pics and info to beau.enslow@n2pub.com or kelley.gregory@n2pub.com.



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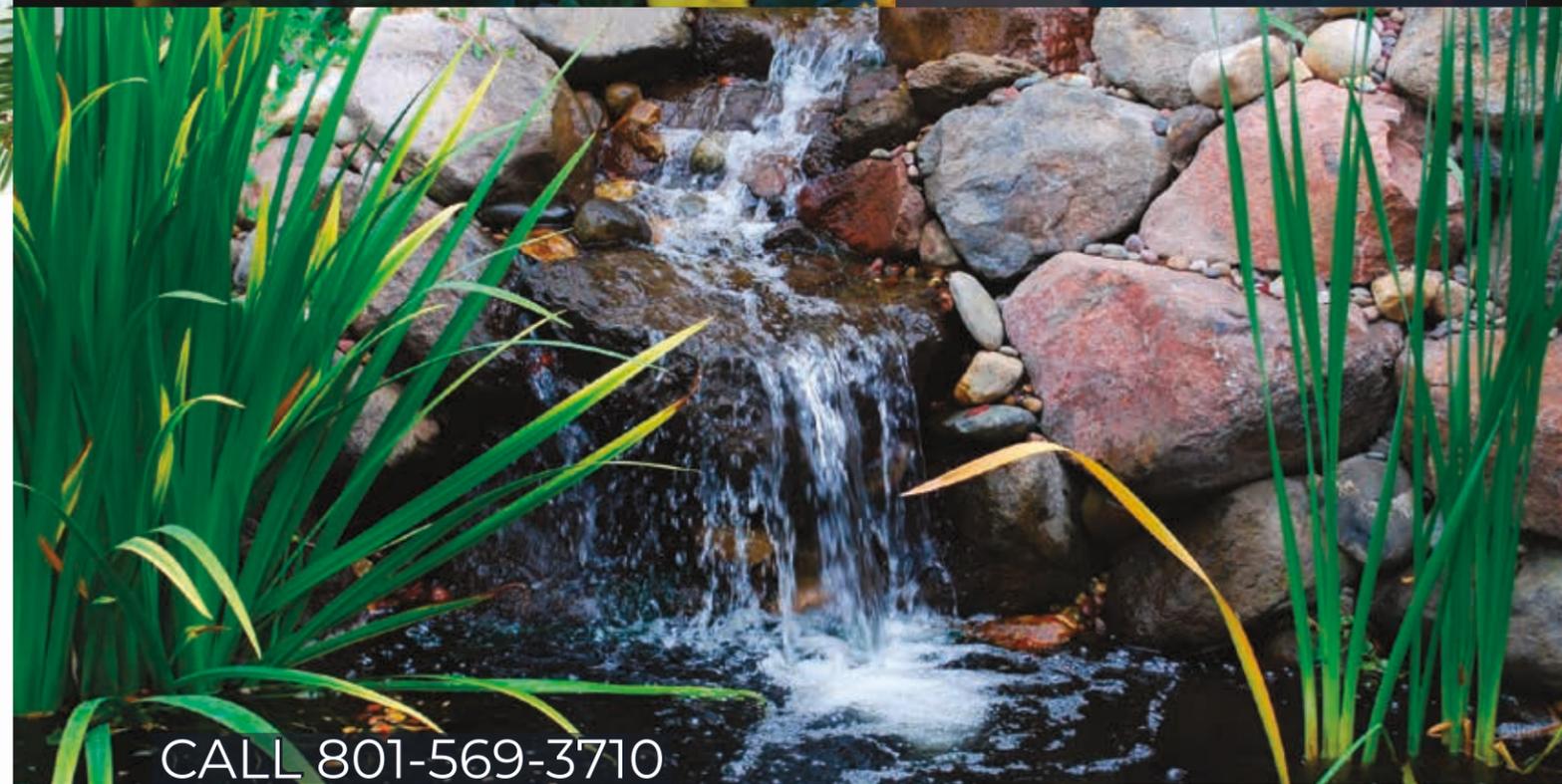


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We would like to officially welcome the Qian family to the neighborhood. The Qian family includes William and Lori and their three children, Abraham, 15, Annabelle, 14, and Alex, 12. We should probably say four children, if we are including their mini Goldendoodle, Kia. The Qian name is actually pronounced “Chih-eh-n” or “Chien.” Qian is a common Chinese surname, which is where the Qian family is from.

The couple met while Lori was in china for work, she explained: “William and I met in China because I was there doing some curriculum work for a Chinese school. William and I met there, started dating, fell in love and got married.” The newly married couple attended graduate school at BYU and then made their way back to China to begin their lives and start their family.

William was born in a city called Huang Mei. He runs an international school in China and spends most of his time in China but is able to make frequent trips back to spend time with the family. He has built a great business in China but would like to transition his work from China to the U.S. in the coming years.

Lori is an author and has a strong passion for education. As a part of her quest for continued learning and self-improvement, at the age of 45, Lori began an entirely new career. She has embraced her role as a licensed mortgage broker, helping people secure funding for their dream of homeownership, a concept that resonates deeply with her as her family builds their own “American dream.”

The Qian family has been blessed with three amazing children. The oldest, Abraham, is really into geography, history, and theater. He’s a bookworm and loves film! He’s a big fan of classic ‘80s music. Annabelle is very athletic and excels in academics. She is an exceptional writer (like her mother). In fact, Annabelle just wrote a paper on the cultural revolution in China and got accepted into nationals! Alex is a super athletic guy as well and loves soccer. He is very funny and social!

After living in China for more than a decade, the Qians relocated to Alpine, ready to embrace an entirely new adventure – from a city of 15 million to a city of 15,000! The family was introduced to Alpine by friends in China who were from Alpine. After some research, they fell in love with the area. Lori said, “We came and visited Alpine one summer and loved it! It really came down to a feeling. It was so peaceful, so beautiful and kind of low-key, which is what we wanted after being in a city of 15 million for 10 years.”

Lori’s Book

Lori is the author of a book titled, *How Sweet the Bitter Soup*, which is a memoir about Lori’s life experiences. The book captures some of the bitter twists and turns that life brings to each of us and how Lori was able to navigate through those moments.

Lori was born on the west side of Aurora, which is a suburb of Chicago. Lori later went to grad school at the University of Illinois at Chicago. Her mom was working as a maid. Her dad’s

Alzheimer’s was in high gear. Again. But Lori was holding it all together: helping care for her dad and pay her family’s bills, figuring out how to navigate graduate school and four jobs on top of her family responsibilities, and, somehow, continuing to believe that there was more to life than this.

And there was -- an exciting job teaching at a prestigious school in China. Although the previous month, she had turned down a job offer in Iowa -- thinking it was too far away from her family -- she felt completely at ease accepting the job in China. Grasping on to the fierce determination she’d had since childhood, Lori found herself in Guangzhou, China, where she fell in love with the culture and with a man from a tiny town in Hubei province. What followed was a transformative adventure – one that will inspire readers to use the bitter to make life even sweeter.

Lori is currently working on her second book, *Fighting for Fitness*, a self-help guide for making dramatic life changes, particularly in health and fitness but in all areas of our lives, as well.

The family and children are acclimating to the new culture and environment with each passing day. It has become home to them, and they are excited to continue their life in the amazing city of Alpine and build new lasting friendships in this great community.

Welcome, Qian family, we are all so glad you are in our neighborhood!



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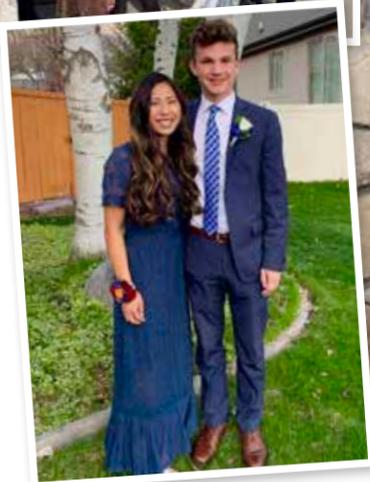
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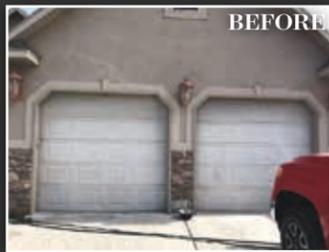
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Meet Silvia Rainaldi

Berkshire Hathaway Agent Experience and hard work are what it is all about...

business spotlight

Silvia Rainaldi's expert advice comes from a 26-year career in real estate. In fact, one of her favorite quotes — attributed to Albert Einstein — sums up her feelings about learning. "The only source of knowledge is experience."

Her experience makes her invaluable to her clients and gives them a level of service that keeps them coming back. Most of her current clients come from her extensive network. She has a large pool of past clients who continue to use her for real estate needs as they arise. However, those same past clients refer loved one to her, too. "The greatest compliment I can receive from a client is that they recommend me to family and friends," Silvia says.

Besides the fans Silvia has in her past clients, she also has a strong reputation with other agents. Through these trusted connections, she gives clients valuable options. "I understand what it takes to make a real estate deal successful," Silvia says. "I have seen all kinds of markets — up, down, seller, buyer — and I know how to think outside of the box to get a transaction done."

If a deal is workable, Silvia will make it work. In short, Silvia is an advocate for her clients. She limits the stress and challenges that can come from buying or selling a home. She's worked through all different real estate climates and market conditions and knows how to navigate them all successfully.

This experience also means her clients aren't left with last-minute surprises or unforeseen challenges. Her attention to detail and understanding of negotiation and contracts make the process of buying or selling real estate a smooth one.

"My success has come from hard work, being completely honest with my clients and staying in constant communication," she says. "My clients can count on me to get their property sold or to find the home they are looking for. My commitment is to provide excellent service and be the type of real estate agent people can count on — always."



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Don't let her size fool you ... she once battled a deer a couple of years ago. Thankfully, the neighbor broke it up, or that deer would have been in big trouble!

There's nothing better than the unconditional love that you get from a dog. They don't care how long you've been gone; if it's been five minutes or five days, they're always happy to see you and they never get mad at you, jealous, maybe ... but never mad!

Disclaimer: Roxxi's earrings aren't real, just stick-on diamonds.

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pet of the month



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healthy living

Written by **Elizabeth McCabe**, N2 Staff Writer

IMPROVE YOUR HEALTH BY BEING IN **MOTION**

Are you confined to a cubicle for your workday? Do you put in long hours at the computer? Or maybe you just like to binge-watch the latest shows. If so, you probably spend a lot of time sitting, which comes with an increased risk of high blood pressure and type 2 diabetes. Improve your health by being in motion. Here are a few simple steps to get you started:

GET UP EACH HOUR

Take two minutes each hour to walk and get your blood flowing. Take a trip to the watercooler, fetch a document from the printer, or just connect for some face time with co-workers. Consider even having work meetings while walking, if that's a possibility. According to one study, just two minutes of activity each hour can lower premature death by 33%. All the more reason to get moving!

TAKE WALKING BREAKS

Throughout the day, try to schedule walking breaks. Use half of your lunch hour to take a brisk walk. Boost your endorphins, increase your circulation, and help your health in the process. Working from home? Schedule short walks to benefit your health. Whether taking a call while walking or simply making it a habit to walk for 15 minutes several times a day, walking will burn calories and trim your waistline.

AIM FOR RESISTANCE TRAINING

Resistance training doesn't have to be free weights and bench pressing; even your body weight suffices for resistance training.

Lunges, squats, and pushups can go a long way in building lean muscle mass and combating a sedentary lifestyle. Purchase resistance bands to sneak in workouts at home or in the office without a trip to the gym. Feeling stressed? Yoga moves can counter muscle tension and tone your body.

LIMIT SITTING TO 30 MINUTES AT A TIME

Don't get sucked into sitting for hours at a time. Every 30 minutes, make sure to get up and get moving. Schedule tasks that can be completed away from your desk to maintain productivity. Consider setting a timer or even using a fitness tracker to help you set and achieve fitness goals throughout the day. Whether walking 10,000 steps or engaging in other physical activity, avoid sitting for lengthy durations.

Simple changes today can result in better health tomorrow. Maintain an active lifestyle as much as possible. Improve your health by putting your body in motion!



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