

JANUARY 2016

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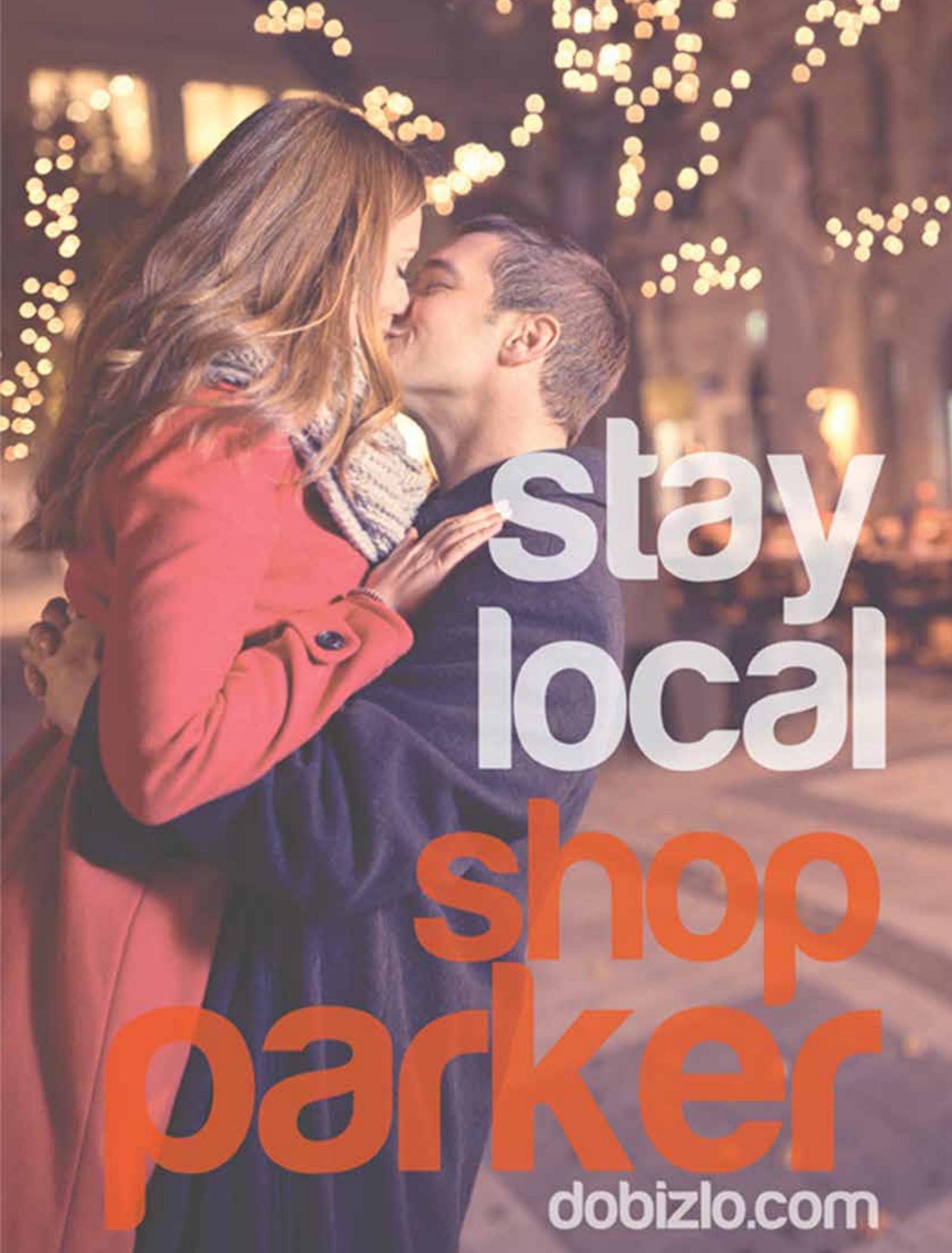


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Wishing you a fit and healthy new year.

Happy New Year! Oh yes, it's that time of year when people talk about getting into shape and losing those pounds they put on over the holiday season.

I have to say I'm among the crowd. No matter how hard I try, I always consume too much in November and December. There are just some things I can't pass up, like a glass (or two or three) of homemade egg nog. Made from my grandfather's recipe, it's a family tradition that I savor every year.

Now it's time to pay for indulging myself. Although I have to admit, I start my winter workout routine in December to at least try and get a head start. It's funny. I always trudge down to the basement, dreading the first few days of my winter routine. But it doesn't take long before I realize how much better I feel when I exercise regularly. It's not like playing tennis or walking with my neighbors, which is what I do in the warmer months, but it really can be fun. I just crank up the music and go to it!

If you haven't quite figured out what you want to do to improve your health and physique in this new year, you might get some ideas in this issue of *Parker Lifestyle*, which includes information on health and fitness.

I'd also like to invite you the Healthy Lifestyle Celebration from 11 a.m. to 2 p.m. on January 9 at Koko FitClub of Parker, 18671 Mainstreet. Hosted by *Parker Lifestyle*, the celebration is designed to give you suggestions on ways you can actually enjoy getting healthier this year.

Publisher Kelly Veltrie and I hope to see you there!

Susan Cormier, Editor
SCormier@LifestylePubs.com

ON THE COVER The dedicated members of the RNK running group stay in shape by running together on Saturday mornings, even in cold weather.

PHOTOGRAPHY BY TED VELTRIE

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Parker

L I F E S T Y L E

JANUARY 2016

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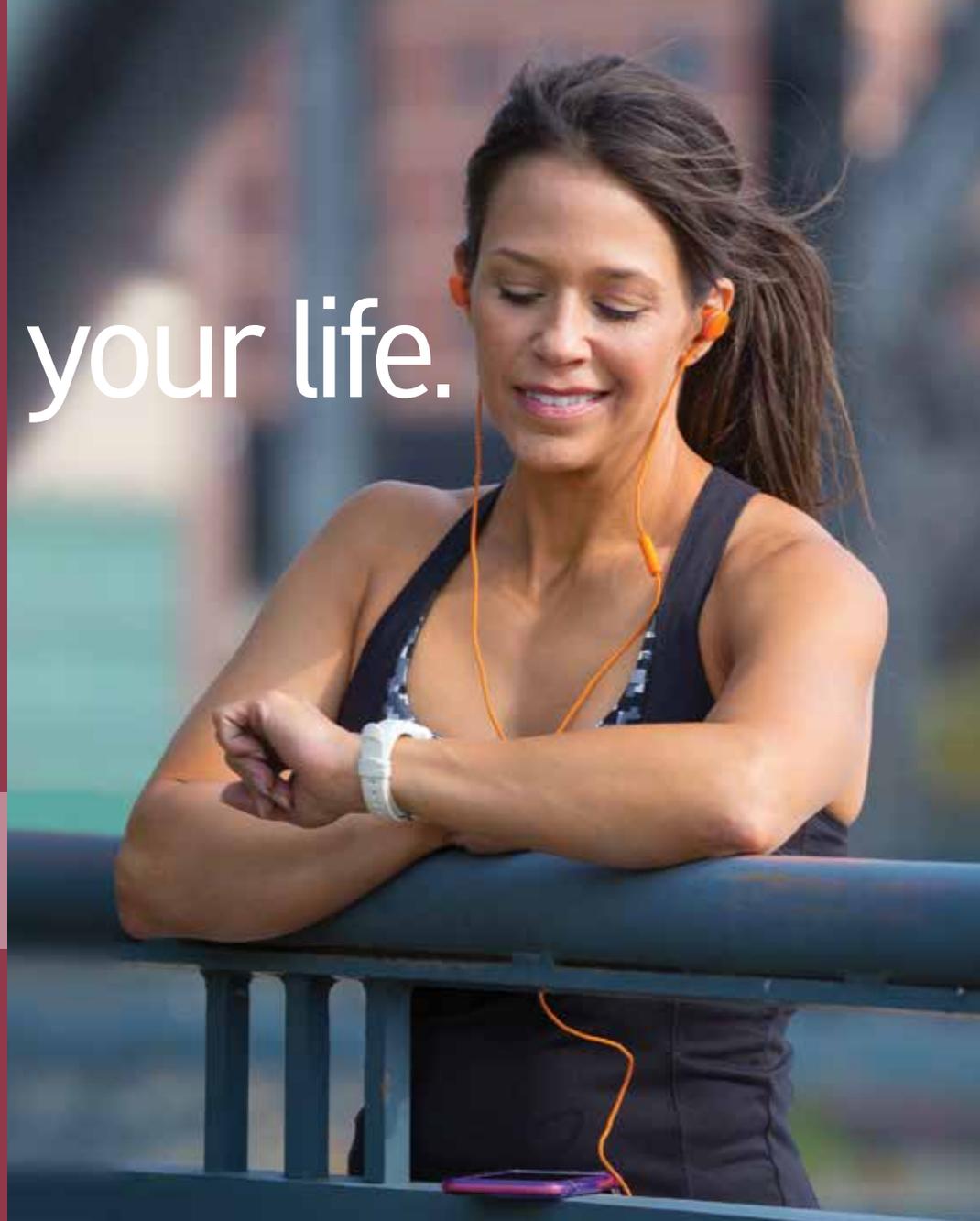
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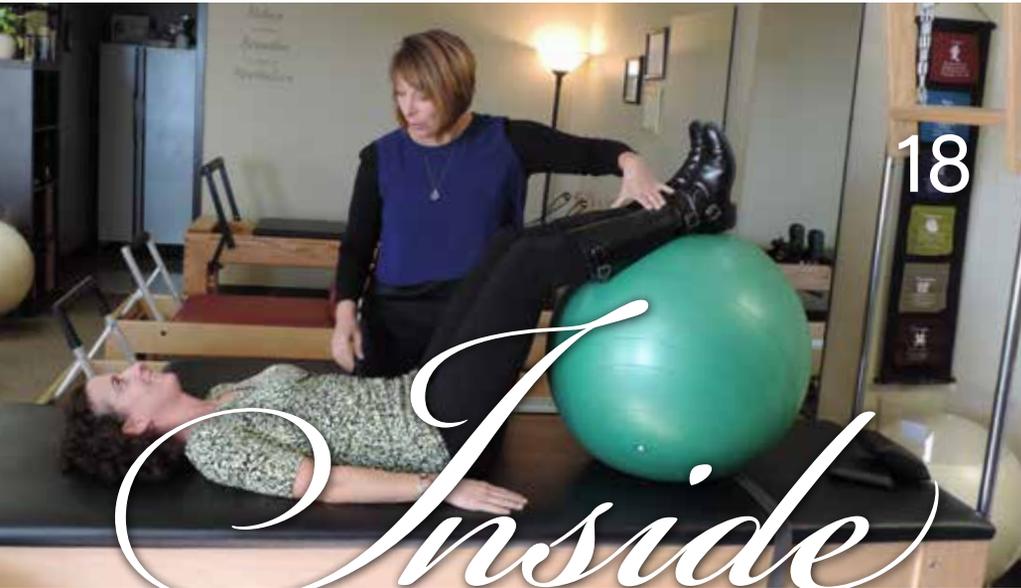
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Lifestyle Publications



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2015 Parker Area Chamber of Commerce Community Celebration

The Parker Area Chamber of Commerce celebrated 2015 and its 50th anniversary at a Community Celebration Dec. 2 at Colorado Golf Club. Members enjoyed dinner, awards, dancing and a silent auction to raise money for the scholarship fund.

PHOTOGRAPHY BLUE TALON PHOTOGRAPHY



Members of the 2015 and 2016 Parker Area Chamber of Commerce Board of Directors.



Sarah and Adam Vowell of Christian Brothers Automotive enjoy the evening.



The Chamber Ambassadors, including Ambassador of the Year Tierney Aldridge (far left).



2015 Vice Chair Susan West thanks 2015 Chairman Amy Long for her dedication to the Chamber Board.



Mary Jo of Fred Astaire Dance Studio in Parker is honored as the Fred Dransfeldt Business of the Year by Dennis Houston and Susan West.



Chamber President and CEO Dennis Houston and staff, Heather Lindsey, Julie Case, Sara Crowe and Kate Richards.



The crowd is entertained by The Nacho Men.



Emcee Pam Terpenney entertains the crowd.



The winners of the Dream Big Award.

To have your event included here, email SCormier@lifestylepubs.com for details.

Saturday Morning Trading Post Market

Parker Garage and its farm to table philosophy came to the rescue in December for those missing Parker's weekly farmers' market. The restaurant held a Saturday Morning Trading Post Market on three Saturdays, featuring local suppliers of meat, organic produce, breads, honey, jams and more. **PHOTOGRAPHY TED VELTRIE**



Artist Kimberly Bowen of Lazy K Studios.



Elk Mountain Market's Stece and Julie Strozier with their all natural products.



Rick Baught entertains the crowd.



Bread baked by Raleigh Street Bakery's David Kaminer.



Tomatoes, squash, potatoes and onions provided by The Trading Post's Neil Fischer.



The Trading Post's Neil Fischer sold honey and other items.

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Parker Groups Honor Veterans

Veterans were recognized by a variety of local groups in November, including the Parker Area Chamber of Commerce on Nov. 12 and the Rotary Club of Parker on Nov. 5.



Brigadier Gen. Jerome Limoge Jr., a surgeon and Assistant Adjutant General with the Air Colorado National Guard, talks about the improvements that have been made in the medical care of troops since World War II.



From left: Merf Evans, Brigadier Gen. Jerome Limoge Jr., John Evans, Scott Neff, Marianne Smith, Michelle Parker, Keith Troutman, Bob Osgood, Travis Wendt, Christopher Royal, Jim Healy, Leota Jensen and Kris Healy.



Marianne Smith tells the crowd about her family's military service. Marianne, her husband and daughter served in the Air Force and Air Force Reserves, while her new son-in-law served in the Marine Corps.



Rotary Club of Parker honorees include (from left) Bob Kramer, who served in the Navy in WWII and Korea; Evan Totten, who served in the Navy in Vietnam; and Col. John Lane, who served in the Air Force in WW II, Korea and Vietnam.



Kris and Jim Healy are among the veterans honored at the Chamber event.



John Evans, a Parker attorney and former state senator who served in the Army, with his father, Merf Evans, who served in the Navy in World War II.



Keith Troutman of the Parker American Legion with his wife, Anna Troutman, and speaker, Brigadier Gen. Jerome Limoge Jr.

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AROUND TOWN

CROWN POINT UPDATE

If you're wondering what's going on with all that construction and earth-moving equipment next to Costco in Crown Point, it's the beginnings of two major projects – a Gander Mountain and Boondocks Food & Fun Center.

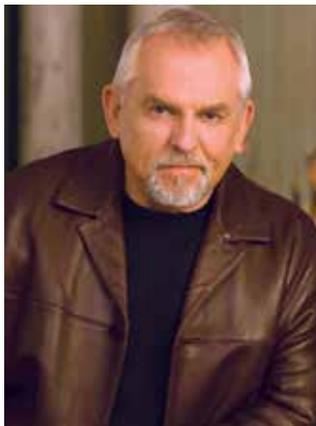
Scheduled to open in the spring of 2016, the 57,600-square-foot Gander Mountain store will be the company's third location in Colorado, joining existing stores in Aurora and Thornton. The outdoor specialty store will sell active performance outdoor and casual apparel; gear and accessories for hunting, fishing, camping, boating and archery; and new and used firearms.

The Boondocks Food and Fun Center will include indoor and outdoor attractions, including a 32-lane bowling alley, arcade game center, laser tag, as well as a go-kart track, miniature golf course and a bumper boat pool. Scheduled to open in the fall of 2016, it is the second Colorado location, with an existing facility in Northglenn.

ACTOR JOHN RATZENBERGER HEADLINES SCHOOLS GALA

Emmy-nominated actor John Ratzenberger will be the keynote speaker at the Douglas County Educational Foundation (DCEF) Love Our Schools Gala on January 29.

Best known as Cliff Clavin from the popular show, "Cheers," Ratzenberger is passionate about promoting career and technical education in schools across the country. As a senior fellow at the Center for America, he initiated the 10 by 20 Campaign to have 10 million newly-trained, skilled workers by 2020.



John Ratzenberger

Hosted by the Foundation, the Third Annual Love Our Schools event will be held at Cielo at Castle Pines from 5:30 to 9 p.m. Proceeds benefit DCEF's Innovation Fund, which provides funding for classroom equipment, technology needs, student enrichment activities and professional development opportunities for teachers.

The DCEF was recently ranked eighth in the nation in the only annual study and ranking of K-12 education foundations, "Stepping Up: The Top K-12 Education Foundations in the Nation." The study

included education foundations in the top 200 largest school districts in the nation (by student population), as well as other top-performing foundations in smaller school districts.

For more information about the Foundation and the gala, visit DCEFColorado.org.

VOLUNTEERS NEEDED TO READ TO CHILDREN

Volunteers are being sought for the Douglas County Libraries' Book Start program to bring story-time fun to children in childcare centers throughout the county.

Volunteers can attend a "Getting Started" workshop, which provides a Book Start orientation, and offers tips and techniques to help volunteers learn to blend beautifully written books with simple songs and fingerplays. Volunteers will enjoy reconnecting with rhymes and tunes they thought they had forgotten, and turning them into a rollicking good time for children.

For more information or to register for the next workshop on January 20, contact Geri Domareck at 303.688.7658 or gdomareck@dclibraries.org. The workshop will be from 9:30 a.m. to 1:30 p.m. at Douglas County Libraries in Castle Rock, 100 S. Wilcox St.



Mrs. Claus, a.k.a. Kam Breitenbach

A COLD TREE LIGHTING KICKS OFF THE HOLIDAY SEASON

Santa and Mrs. Claus were on hand to welcome Parker residents at the Town of Parker Tree Lighting ceremony on November 27. It was a very cold evening and while the crowd started out smaller than usual, there were plenty of people by the time of the official tree lighting.

Following the ceremony, Santa and Mrs. Claus were whisked away by horse and carriage to the PACE Center where they met with children and families.



Joe Roos is joined by Aneeda Contadeluci (middle) and Susan Trost of Modern Woodman (right).

Thanks to Modern Woodman's matching funds program, we were able to raise \$1,000, she says. "Giving to a local charity is so rewarding."

KICKOFF EVENT FOR 2016 RELAY FOR LIFE IS JANUARY 26

You are invited to join the American Cancer Society and the Town of Parker in their fight against cancer by participating in the 2016 Relay for Life of Parker.

The annual relay is held each summer to raise money for groundbreaking cancer research and to provide free patient services to those in need during their cancer journey.

A kickoff event will be held from 6:30 to 8 p.m. on January 26 at Vines on Mainstreet. Attendees will hear about Relay For Life, ask questions, learn new fundraising ideas and sign up their teams. The date, location and time of the 2016 event will also be announced.

The first glass of wine is provided and any additional sales will benefit Relay for Life of Parker.

For more information, visit RelayForLife.org/ParkerCo or contact Therese at therese.buccio@cancer.org.

TADASHI HAYAKAWA DONATES TWO PAINTINGS TO SUPPORT YOUTH PROJECTS

Internationally recognized artist, Tadashi Hayakawa, is once again exhibiting his generosity.

As part of the Parker Artists Guild's "Miniatures and More" Art Show and Sale, Hayakawa is offering two of his paintings – each valued at \$700 – for silent auction bidding. Bidding starts at \$100. Auction proceeds will go to the Parker Artists Guild's youth projects.

The show, including the auction bidding,

FUNDS DONATED TO RAISE AWARENESS OF HOMELESS STUDENTS

Action Network, Meetup.com/WeFriends and Modern Woodman donated \$1,000 to Hide in Plain Sight (HIPS) during Aneeda Contadeluci's 11th Annual Halloween Party.

HIPS Founder Joe Roos is doing a great job bringing awareness to the needs of homeless students in Douglas County, says Contadeluci, organizer of the Action Network & Meetup.com/WeFriends.

runs through January 29 at The Schoolhouse - formerly the Mainstreet Center – located at 19650 E. Mainstreet. It features original 2-D and 3-D art by members of the Parker Artists Guild.

In addition to Hayakawa's pieces, boxed note cards, featuring select show art, are being sold at \$20 to benefit the Guild's youth projects.

9ROUND CONTRIBUTES TO FIGHT AGAINST CANCER

9Round of Parker was among the participants in the fourth annual 9Round nationwide kick event on October 15 to raise money for local breast cancer research and cure foundations. Each 9Round location donated 1 cent for every kick that was kicked. With 10,522,131 kicks

made on that day, 9Round studios nationwide donated more than \$100,000 to cancer foundations.



COULD A GARNET BE THE ANSWER THIS VALENTINE'S DAY?

For those looking to give their sweetheart a beautiful gem this Valentine's Day, there are a lot of sparkling options to choose from.

For many, a red garnet comes to mind. But according to Scott McQueen of Pinetree Jewelers in Parker, garnets come in a variety of colors and from across several African countries, India, Russia, and Central and South America.

"Spectacular finds, especially in Africa, have enhanced the traditional image of the garnet with a number of lovely hues, including shades of green, a variety of yellows, a blazing orange and some very nice earth-colored shades," McQueen says. "With this many garnet hues, this gemstone continues to be trendy and stylish."

Jewelry that features a garnet stone will last a long time and its natural brilliance will never dim, McQueen says.



Spirit of Flora #11 is one of two mixed-media pieces donated by Tadashi Hayakawa for the silent auction.

Sgt. Joe Cummings and Daniel Tischhauser meet under better circumstances.



Parker Police Save Lives

TWO MEN RESCUED IN A TWO-MONTH TIME SPAN

ARTICLE SUSAN CORMIER | PHOTOGRAPHY PARKER POLICE DEPARTMENT

While Parker police officers consider saving lives a part of their job, those types of emergency calls don't happen that often.

But between Aug. 21 and Oct 24, two men were lucky to have Parker officers, trained in CPR and the use of Automated External Defibrillators, come to their rescue.

The first call occurred on Aug. 21, just after Sgt. Joe Cummings had finished lunch with his wife, Melissa, and gone back on duty. According to police, Daniel Tischhauser was driving southbound near Jordan Road and Centre Court when he struck the rear of another vehicle.

When Cummings arrived, he pulled the victim out of the vehicle and began administering CPR. It was the fifth time Cummings was credited with saving a life in his 19 years as a Parker police officer.

For the self-described adrenaline junky, who has also been a member of the Douglas County SWAT team, all five incidents were just part of the job.

"It's a part of what cops do. I'm no different than anybody else," he says, explaining that the other four life-saving incidents involved two people who were trying to commit suicide by hanging, one person in a motorcycle accident with a severely compromised airway and another CPR rescue.

"You just do your job," he says. "Everybody that works here knows it's part of the job, and you just do what has to be done."

Josh Hans, the department's public relations coordinator, says five

saves in one career is an unusually high number and that Cummings is a "tremendous asset to us and Parker."

Tischhauser was able to express his gratitude when the two were reunited a week after the accident. After spending five days in Parker Adventist, including three in ICU, Tischhauser told the officer: "You saved my life, but I never saw your face until today."

Tischhauser and Cummings also credit personnel from South Metro Fire Rescue and Parker Adventist Hospital for the successful outcome.

"We're just a link in a chain," Cummings says. "The South Metro paramedics in this town are phenomenal. If it wasn't for them, the chain would be broken. Typically, we take them to Parker Adventist because it's our closest hospital. That staff is second to none."

About two months later, on Oct. 24, Sgt. Nate Schivinski, Officer Trey Biles and Officer Darcy Hier were dispatched to a medical emergency near Parker Road and Mainstreet, where they experienced their first life-saving event.

Upon arrival, Schivinski and Biles stepped in and began administering CPR to a man on the ground, while Hier went to get an Automated External Defibrillator (AED) from her patrol car.



The AED can analyze a situation and determine if it is needed. The first two AED analyses advised against shocking the man, so Schivinski and Biles continued with chest compressions and breaths.



When Hier placed the AED on the victim's chest a third time, it advised that a shock was necessary, and a shock was successfully administered. South Metro Paramedics had to shock the man a second time when they transported him to Parker Adventist Hospital.

The 83-year-old, who had suffered a heart attack, has since recovered and returned home to Tennessee.



Sgt. Nate Schivinski, Officer Darcy Hier and Officer Trey Biles helped save a man's life on Oct. 24.

Cummings, who sits on the Board of the South Metro Safety Foundation, volunteers as a deputy commander for a Civil Air Patrol squadron and is a Search & Rescue pilot, is a strong advocate for CPR training and the wide-spread availability of AEDs.

"Everybody needs to know CPR," he says. "I'm just a firm believer that everybody needs to know it. And that you should have AEDs available everywhere."

According to Hans, every Parker officer on the street is equipped with an AED. Since January of 2014, the life-saving equipment has been used 12 times, including on four occasions when the actions of the officers and the AEDs have been credited with saving a life.



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The Importance of **LEAN BODY MASS**

KOKO FITCLUB'S CARDIO AND STRENGTH PROGRAM LEADS TO HEALTHIER LIVES

ARTICLE AND PHOTOGRAPHY SUSAN CORMIER

A trip to the doctor for an annual physical or particular ailment often leads to the recommendation of eating better and getting more exercise.

Richard Walker, D.C., a chiropractor, and Linda Teton, M.D., a general practitioner, took that advice one step further this summer when they opened a digital gym that focuses on fitness and lean body mass rather than weight.

Now, the husband and wife duo preach about healthy lifestyles from their individual practices and at Koko FitClub, 18671 Mainstreet in Parker.

"I've always suggested to my patients that they should workout to get in shape. That's definitely a huge part of being healthy," says Walker, who has been a Parker chiropractor since 2002.

"I tell people every day they need to exercise and take care of themselves, so this seemed like a perfect thing for us to be involved in because we believe in this, and we try to live this," Teton adds.

Each customer is provided with a customized workout program that includes 15 minutes of cardio on a high-tech treadmill or elliptical machine, and 30 minutes of strength training on Koko's patented Smart-training equipment.

All activity is tracked on a flash drive that customers carry with them and plug into the equipment so they have instructions on the correct weights, tensions, etc., to use while they are exercising. They can also track their results and see upcoming workouts online.

While Koko's customers can participate in a specialized program to fit their individual goals, such as better golfing, hiking or mountain climbing, one of the core themes is lean body mass. In fact, individuals are not weighed. Instead, their lean body mass is recorded.

"Few things so positively affect our health, vitality and quality of life as much as lean muscle tissue," according to the club's chief fitness officer, Michael Wood, CSCS.

"Lean muscle tissue determines your metabolism and energy level, and impacts your strength and agility, even your ability to fight disease," he adds. "The more lean muscle you have, the more calories your body burns 24/7, even when you are not exercising."



Owner and chiropractor Richard Walker at the FitCheck, which measures lean muscle.



Owner Linda Teton, M.D., works her shoulder while looking at the Koko monitor, which tells her the speed at which to do the exercise.



Lori Gold does chest presses while watching the monitor for instructions.

KOKO FITCLUB

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720.465.5265

ParkerMain.KokoFitClub.com

Tetor agrees, saying: "Lean muscle mass improves quality of life. You're stronger. You can do the things you want to do. Your body is more efficient"

The Koko Smartraining is designed to build, strengthen and protect this lean muscle tissue.

"We combine strength training, cardio exercise and nutrition planning all in a single personalized plan," Wood says.

The nutritional aspect of the program, Koko Fuel, is based on an individual's Body Mass Index (BMI), age and weight, and offers recommendations for protein and carbs, and can even provide recipes and a grocery list, Walker says.

Customers are reporting good results. One male, who joined Oct. 12, added 10 pounds of lean body mass in six weeks, decreasing his BMI 3.2 percent, Walker says. Lori Gold, another customer, says she has firmed up and gotten rid of some back pain issues that she had prior to joining.

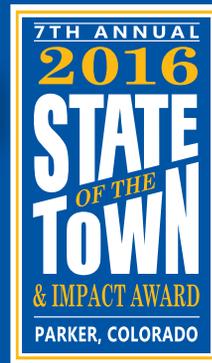
Those who would like to learn more about Koko FitClub can sign up for a free demo and then a 30-day trial for \$30. Information will also be available at *Parker Lifestyle's* Healthy Lifestyle Celebration from 11 a.m. to 2 p.m. on January 9 at Koko FitClub.



Linda Tetor listens to instructions and watches the results of her "walk on the beach," one of the options offered by Koko's treadmills.

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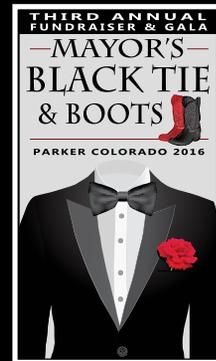


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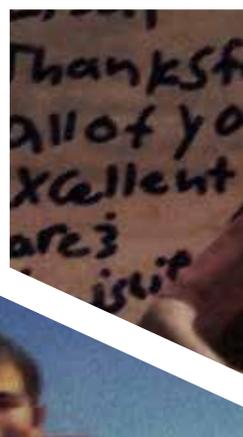
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- LOCATION -

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Physical therapist Lisa Ralston shows off therapy maneuvers with long-time friend and fellow physical therapist Marnie McDowall, who also shares space in Ralston's Mainstreet office.



All types of athletes, including professional and Olympic skaters, are pictured on the wall of the Mainstreet office.





All Sports Physical Therapy Focuses on Injury Prevention

Evaluations and Specialized Exercise Programs are Key to Success

ARTICLE AND PHOTOGRAPHY SUSAN CORMIER

Physical therapist Lisa Ralston's passion for helping student athletes developed early in her career.

"Twenty-five years ago, not a lot of PTs specialized in treating adolescent athletes," says Ralston, the owner of All Sports Physical Therapy in Parker. "I think I was drawn to that because I started to see more adult-like injuries in our kids at a younger age.

"The back injuries were having leg pain and numbness. The surgeries were getting earlier and earlier, like elbow surgeries, shoulder surgeries, knee surgeries," she says. "That sparked my desire to work one-on-one with the kids to prevent some of these injuries."

Now, the former competitive ice skater makes it her mission to teach high school students and others the proper ways to move their bodies to avoid injury and become stronger athletes and individuals.

People of all ages, from 5 to 90, are welcome at All Sports' two Parker locations—in the Parker Fieldhouse and in the Colorado State Bank and Trust building at Parker Road and

Mainstreet. Upon arrival, they are treated by Ralston or one of All Sports' three additional physical therapists, Megan Bolin, Sharon Howard or Stephanie Miller.

"We evaluate and treat patients individually. And provide specialized exercise programs to get people back to what they want to do in sports, their lives and jobs."

While they help people with all types of physical ailments, they focus quite a bit of attention on prevention, offering tips and advice to athletes on such teams as Chaparral girls lacrosse, Ponderosa girls gymnastic and Ponderosa girls track.

For a minimal fee, each student athlete is evaluated, and given exercises and instructions on how to move better, increasing their strength and reducing their risk of injury.

Lacrosse coach Dix Baines says he was impressed by Ralston's passion to work with and develop student athletes. After providing students with individual assessments and exercises, he says, she came back a second time to make sure they were maximizing their stretches and using correct posture.

CONTINUED >



Lisa Ralston's first client shares photos of his success, thanking her for her "excellent care and friendship."

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Parker Animal Hospital

“I can give somebody exercises,” Ralston explains, but it won’t do any good “if they don’t know how to move correctly. We want to move efficiently. And when we move efficiently, we’re stronger.”

Gymnastics coach Lisa Fisher and track coach Katherine Dorman had similar stories.

Fisher says Ralston and Miller have worked with her team’s gymnasts for two years, including this season, when Miller developed a conditioning program for the girls. In addition, she says she personally relies on Ralston to keep her healthy enough to spot and to continue to coach.

Dorman says Howard performed evaluations on members of her cross-country team in September and then prescribed exercises to strengthen weak muscle groups and to improve flexibility.

“This was all done as a preventative action. We are trying to prevent injuries due to overuse and/or poor technique.” Dorman says. “We plan on adding this to our program.”

With her passion for helping athletes and her love of ice skating, Ralston also works with Olympic skaters. Since 2009, she has volunteered once a year to provide care to the Elite Team USA figure skaters.

In fact, she just returned from a Grand Prix Final Event in Barcelona, Spain, where she worked alongside a medical doctor, treating the skaters who had injuries and overuse problems.

“Skaters have a lot of back, hip, knee, foot injuries. They’re traveling. They’re competing and training all year, so they get a lot of overuse.”

Early treatment is encouraged by everyone, including Baines, who says putting off treatment is “the worst thing” to do.

“Early intervention is cost effective,” Ralston says. “They can always come to us first. They can be assured that we will refer them to a specialist, as medically necessary.”

Ralston and her staff are referred to as “amazing” by current clientele, including Toni South, who suffered from shoulder and lower back issues, and Tina Woods, a group fitness instruction, personal trainer and marathon runner.

When Woods tore the labrum in her hip in October 2013, her orthopedist thought she would need surgery. But after about eight months of therapy with Ralston, she was back to running and working out.

“I never thought I’d be able to run again,” Woods says, adding that she ran three marathons in 2015 and has qualified for the 2016 Boston Marathon. “It’s just miraculous.”

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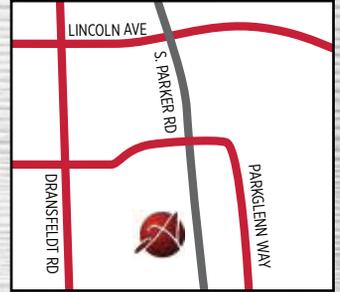


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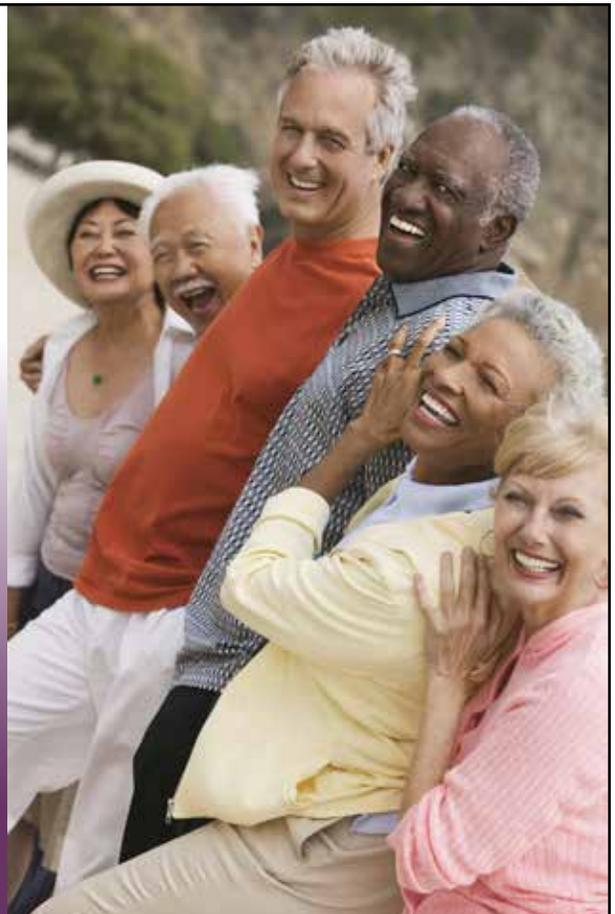
Douglas County's premier skilled nursing community. Services include an in-house rehabilitation program and 24-hour skilled nursing care. Our philosophy of skilled care is unique in that we treat each person as an individual and believe that their emotional and spiritual well-being is as essential to proper healing and quality of life as their physical health. We invite you to take the time to come visit Brookside Inn and experience for yourself our commitment to celebrate and embrace life.

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The Road to a Healthy Mouth

BRUSH, FLOSS, VISIT A DENTIST, REPEAT

ARTICLE AND PHOTOGRAPHY REBECCA BERRA



From left: Dr. Bonifacio Guillena, Hygienist Gina Bryer, Expanded Duties Dental Assistant Ziggy Nokes and Operations Manager Vivian Hernandez

“Most people are living with some kind of gingivitis or undiagnosed periodontal disease,” according to Bonifacio Guillena, D.M.D., or “Dr. Bono” as his staff calls him at Perfect Teeth in Parker.

Guillena diagnoses and treats periodontal disease.

“*Periodontal* means ‘around the tooth.’ When you brush your teeth, brush your tongue and gums as well. Before I became a dentist, I wasn’t flossing properly. You need to floss down into the gums. Keeping your gums healthy is the key to healthy teeth,” Guillena expounds.

According to the Centers for Disease Control and Prevention, warning signs of gum disease include bad breath, inflamed or bleeding gums, sensitive teeth, loose teeth or a change in the fit of partial dentures. Smoking, poor oral hygiene, stress, heredity and hormonal changes are all risk factors.

“The biggest issue is educating the public,” says Guillena. “Periodontal disease is not curable. It’s only treatable. Once bone is lost, you can’t get it back. It’s only a matter of time before teeth become loose. Then all you can do is prevent further loss.”

Guillena highlights the need for regular deep cleaning.

“The purpose is to clean underneath the gums, where the patient is not able to clean at home,” he explains. “Patients with periodontal disease have deeper pockets between their gums and teeth (4 mm or more) and need the deep cleaning to keep these pockets clear of bacteria, the ultimate purpose being to reduce the depth of these pockets to a healthy 1-3 mm and prevent any further jawbone reabsorption or loss.

“I recommend brushing with fluoride toothpaste,” Guillena adds. “Some patients choose not to, but that can lead to more problems. It’s up to the individual. The action of brushing is the main priority.”

The CDC encourages the use of fluoride as an easy way to care for your teeth. Fluoride occurs naturally in soils and rocks and is therefore found in water. The Colorado Primary Drinking Water Regulations require the testing of community drinking water, to ensure that the level of fluoride remains within a range found to be beneficial to public health.

“The most important thing is to come and see your dentist every six months,” Guillena says. “Don’t wait until there is a problem.”

Operations Manager Vivian Hernandez, who describes herself more as a patient advocate than an administrator, agrees, saying: “Some adults are fearful of going to the dentist, especially if they had a bad experience as a child.

“I help our patients understand their dentistry and explain their condition,” she adds.

Many people put off visiting a dentist for financial reasons.

“Look out for special offers,” Hernandez suggests. “Promotions give patients a chance to come in, get educated and have their condition assessed, while still making it affordable.

“We take part in local events like the Douglas County Fair, to provide information to the community,” Hernandez adds. “We offer free consults for new patients, so they can come in and talk to us. The staff are very professional, but friendly and approachable. We have tight relationships with each other and our patients.”

“The best compliment is when patients refer their friends and family,” Guillena confides. “And when they bring us donuts! It’s OK. Everyone here brushes their teeth after lunch.”

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Recognizing Student Achievement

SENIORS ARE HONORED FOR THEIR HARD WORK

Five Parker high school students have been honored by the Rotary Club of Parker in recent months for their achievements in their final year of high school.

The Chaparral High School students were Dawson Cranmer, who was honored in October, and Emma Hayden, the November honoree.

Dawson is a member of the National Honor Society, student government, and the varsity football and wrestling teams. Ranked 23rd in his class of 471 with a 4.12 grade-point average, Dawson is currently applying to various universities.

Emma has a heavy academic schedule, taking three advance placement classes, while also making time for National Honor Society, the girls basketball team and serving as publicity director of DECA. Ranked 29th in her class of 471 with a 4.0 grade-point-average, Emma is applying to various universities.

The Lutheran High School's Tanner Sperle was honored in October and is ranked fifth in his class of 83 with a 4.28 grade point average.

Tanner is the vice president of the National Honor Society, a member of the Student Council and member of the Douglas County 4H Club. He also teaches religious education to kindergartners at his church and has been on four mission trips. Tanner plans to attend college next year, majoring in agriculture with a minor in business.

The Ponderosa High School students were Izzy Schneyer, who was honored in October, and Sean Wilcox, November's honoree.

Izzy is Student Council president, design editor/editor-in-chief of the school newspaper and a member of the varsity volleyball team. She is also involved in community service projects, such as the Ronald McDonald House, Parker Task Force, Denver Rescue Mission, the school's Classroom Garden, Slow Food Denver, Project Angle Heart and Project C.U.R.E. Izzy is applying to Colorado State University and the University of Colorado and plans on studying dietetics and nutrition.

Sean is a member of the Student Council, Future Business Leaders of America, DECA, the National Honor Society, and the cross-country and track teams. He is also involved in community service projects, such as Back-To-School Night, helping run unified sports games and summer school tutoring. Sean is applying to the University of Colorado-Boulder and the Colorado School of Mines, and plans to study either chemical or electrical engineering.



Pictured, from left: wrestling coach Rodney Padilla, father Chad, grandmother Nancy, Dawson, mother Brigitte and Rotarian Dave Gardner



Pictured, from left: teacher Tony Speights, father Tom, Emma, mother Mary and Rotarian Dave Gardner



Pictured, from left: father Mike, Tanner, Rotary member Steve Budnack, sister Shelbie and mother Lonnie



Pictured, from left: Rotary Club member Bill Kelly, mother Laurie, Izzy and teacher Rob Graham



Pictured, from left: teacher Mike Lynch, father Glen, mother Kaye, Sean and Rotarian Bill Kelly

Colorado Early Colleges,
a charter high school



American Academy



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Choosing the Right School

FOUR COMPONENTS TO CONSIDER IN THE DECISION-MAKING PROCESS

ARTICLE DIANE KULBACK | PHOTOGRAPHY TED VELTRIE

We are so fortunate to live in a district where we have so many educational programs to choose from for our children. However fortunate we are, there's no denying that so many programs can cause our heads to spin.

As a parent of three grown boys, a home-school mom, charter school founder and now the CEO of Step to Success Community Learning Center, I'd like to offer some suggestions that may help make this process a little easier for you.

Before you get started in choosing a school, apply these four components to your decision-making process:

1. SCHOOL PHILOSOPHY: Is it traditional, progressive or other? What curriculum does the school use?

2. SCHOOL ACHIEVEMENT RECORD: Schools are required to publish their school-wide test data and performance scores. Information can be found on the Colorado Department of Education website.

3. SAFETY AND LOCATION: Information on a school's safety record can also be found on the state Department of Education website and through the local police department.

Also consider the school's location and whether that is important. Do you want to stay in your neighborhood? Is there busing? Will you need to drive your kids to and from school?

4. FAMILY COHESIVENESS: Will the program work for all family members and the family budget? Is the school calendar traditional or not? Can all of your kids enroll? Is there a wait list?

By applying these four components to your selection process, you will be able to come to a decision that is not only best for your child but will ensure educational stability, which is important for student achievement. I know from personal experience, kids do not like to move from school to school as it puts too much strain on their social experience.

You will find that all schools, even though they are supposed to be created equal, are not. By doing your homework, you'll find out which one is right for you.

After your initial investigation, visit the school. Some schools require an appointment so you might want to call ahead and check. I also recommend visiting the classrooms. It's a red flag if a school won't let you observe a classroom. A welcoming and transparent school policy is a real plus in my book.

You may not be aware of all the school choices you have available to you. From magnet schools, neighborhood schools, charter schools, specialized schools such as STEM, to classical schools and even online schools, there are multiple options.

By visiting the Colorado Department of Education and Douglas County School District websites, you'll find the different choices that are available in the Parker area.

One last consideration. What does your child think? Have a family meeting to discuss these options. Buy-in from your child will help ensure a positive school experience.

So if you're thinking of making a change or if this is your first experience in choosing a school, take the time now to explore your options so you won't need to make changes in the future.



Diane Kulback is an educational specialist, the founder of two Parker charter schools and the CEO of the Parker

Step to Success Community Learning Center. She may be reached at diane@steptosuccess tutoring.com.

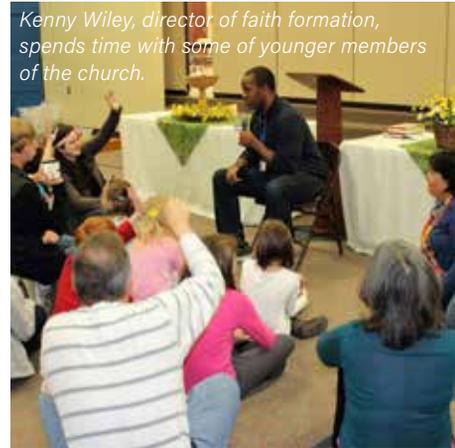


Congregants listen to Rev. Jann Halloran, the Parker church's minister.

The Rev. Jann Halloran speaks to the congregation...



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Kenny Wiley, director of faith formation, spends time with some of younger members of the church.

Prairie Unitarian Universalist Church: A Joyful, Caring Community

ARTICLE AND PHOTOGRAPHY PRAIRIE UNITARIAN UNIVERSALIST CHURCH

Unitarian Universalists in Parker, Aurora and surrounding areas founded Prairie Unitarian Universalist Church 16 years ago with support from the Unitarian Universalist Association (UUA) and other UU congregations in the Denver metro area. It has become a joyful, caring community that nurtures one's mind and spirit, celebrates diversity, and works for justice.

Unitarian Universalists are diverse in faith but are aligned in their desire to make a positive difference in the world. They are united by the UUA principles and purposes, which include a free and responsible search for truth and meaning, and an appreciation of the inherent worth and dignity of every person.

Prairie UU strives to welcome all people to be part of its vibrant, warm community. There are small groups, classes, circle suppers, fun events and many other ways to become involved and get to know the people in the church. The choir and band provide a variety of music that ranges from the thoughtful to the energetic.

PROGRAMS FOR CHILDREN AND YOUTH

Young people of all ages at Prairie UU enjoy safe and fun programs in which they learn, grow and build relationships and memories. Young-

er children partake in activities and lessons that explore questions and ideas of faith and morality. They laugh and play a lot even as they learn.

Middle and high school students at Prairie explore identity, develop faith leadership skills and build community through Sunday classes, service activities, monthly "brunch bunch" outings and an ever-popular summer camp in Winter Park. Also available is a renowned OWL (Our Whole Lives) programming for teens, which is considered an antidote to sexualized media messages, peer pressure, misinformation and prejudice.

At Prairie UU, youth and children are integrated into the larger community, so that people of various ages know each other and learn together.

SOCIAL JUSTICE

Unitarian Universalists have a track record of standing on the side of love, justice and peace. Prairie UU is particularly active in environmental efforts, including a community garden and cleaning up an open space, Habitat for Humanity, Church World Service CROP Hunger Walk, and racial justice issues. We consider it part of living out UU values to work in partnership with those who strive to build a more just society and a healthier planet.

For more information about Prairie Unitarian Universalist Church, please visit PrairieUU.org and then attend a service. Expect to be greeted warmly and to experience a thoughtful, spiritually rich worship experience. Prairie's church members hope to meet you soon.



The Habitat for Humanity group.

To have your church featured in Faith Reflections, email SCormier@lifestylepubs.com for details.



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5759 Majestic Oak Way	\$999,000	\$975,000	98%	4	4
5230 Serene View Way	\$992,500	\$960,000	97%	5	5
141 Fairchild Place	\$995,000	\$950,000	95%	5	5
5271 Red Pass Lane	\$899,000	\$854,050	95%	4	5
12501 North Pine Cone Road	\$830,000	\$830,000	100%	4	4
10481 Pine Valley Drive	\$810,000	\$810,000	100%	4	4
10445 Willowisp Way	\$795,000	\$785,000	99%	5	5
8431 Fairview Court	\$845,000	\$775,000	92%	5	5
11876 Dunrich Road	\$799,000	\$749,000	94%	5	6
7340 Kelty Trail	\$759,000	\$735,000	97%	5	5
11629 Pine Canyon Drive	\$775,000	\$730,000	94%	3	4
20132 East Shady Ridge Road	\$725,000	\$725,000	100%	4	4
6525 Village Road	\$724,910	\$715,000	99%	4	4
8506 Porcupine Point	\$750,000	\$700,560	93%	4	4

This data is a sampling of sold properties from the past 90 days. Source: MLS system.



For additional market data please visit us at ColoradoMarketReports.com

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January



JANUARY 7

ADULT LECTURE SERIES

[THE SCHOOLHOUSE](#)

Dr. Christian Shorey, assistant department head for the Geology and Geological Engineering Department at the Colorado School of Mines, will speak on Climate Science at The Schoolhouse, beginning at 6:30 p.m. RSVP for this free lecture by calling the PACE Center Box Office at 303.805.6800.

JANUARY 9

HEALTHY LIFESTYLE CELEBRATION

[KOKO FITCLUB](#)

Sponsored by *Parker Lifestyle* magazine, this event runs from 11 a.m. to 2 p.m., and will give attendees an opportunity to learn about different ways they can live a healthy lifestyle in 2016. Prizes also will be awarded for the magazine's Scavenger Hunt, which was held in December.

JANUARY 13

PARKER AREA BUSINESS COALITION (PABC)

[EL TRIO MEXICAN RESTAURANT](#)

Entrepreneurs are invited to this free networking event, which begins at 5 p.m. Attendees are responsible for the food and beverage they order.

JANUARY 13

WHAT SIBLINGS WANT YOU TO KNOW

[DOUGLAS COUNTY LIBRARIES-PARKER](#)

Health educator Jennifer Villarreal presents this free sibling workshop, beginning at 7 p.m. Geared for parents of children with chronic health issues, the session is designed to help them understand how their healthy children are affected by a sibling's illness and how to meet their unique emotional needs. RSVP to dcparenting@usa.com.

FRIDAY, SATURDAY AND SUNDAY, JANUARY 15-31

DISNEY'S MARY POPPINS

[PACE CENTER](#)

A show for the whole family, featuring the fantastical world of Mary Poppins and merry melodies, like Chim Chim Cher-ee and A Spoonful of Sugar. All the fun of the film is brought to life on stage in this lavish production, chock full of dancing chimney sweeps, colorful characters, spectacular singing, and eye-popping sets and costumes. For information, visit ParkerArts.org.

JANUARY 15

BLUEGRASS AT THE SCHOOLHOUSE THEATER

[THE SCHOOLHOUSE THEATER](#)

Two amazing groups - The Railsplitters and Dr. Harlan's Amazing Bluegrass Tonic - bring bluegrass to The Schoolhouse Theater in this show that begins at 7 p.m. For information, visit ParkerArts.org.

JANUARY 16 AND 25

CRAVINGS, WEIGHT

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[NATURAL GROCERS](#)

Achieving your healthiest weight is not about dieting or pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Brooke Ebel, CNTP, will discuss which nutrient supplements support healthy blood sugar levels and appetite control during this educational session that runs from 10 a.m. to 11:30 a.m. For information, call 303.805.1285 or visit NaturalGrocers.com



JANUARY 16

BIG BUBBLE CIRCUS

[THE SCHOOLHOUSE THEATER](#)

Jim Jackson stars in this very funny, family-friendly circus of silliness featuring bubbles of all sizes and shapes - some as big as a whale. Add to these giant soap bubbles a hilarious mix of circus, magic and buffoonery and you have the spell-binding chaos of Big Bubble Circus. For information, visit ParkerArts.org.

JANUARY 19

TEENS IN MEDICINE

PARKER ADVENTIST HOSPITAL

This free lecture series, which is geared toward teens aged 14 to 19 who are interested in medical careers, will feature talks by Dr. Ravi Shah, neurology, at 5:30 p.m., and hospital CEO Sam Hunegardt at 6:15 p.m. To register, visit ParkerHospital.org/Volunteer and click on "Teens in Medicine" on the left sidebar.

JANUARY 21

2016 ECONOMIC OUTLOOK FORECAST BREAKFAST

PACE CENTER

J.D. Foster, deputy chief economist with the U.S. Chamber of Commerce, and Jason Schrock, chief economist with the Colorado Governor's Office of State Planning and Budgeting, will be the presenters at this breakfast hosted by the Parker Area Chamber of Commerce. Breakfast is at 7 a.m. and the program begins at 7:30 a.m. Register online at ParkerChamber.com.

JANUARY 26

TEEN LIBRARY COUNCIL

DOUGLAS COUNTY LIBRARIES-PARKER

The group meets at 6:30 p.m. and offers teens a way to become more involved in their library and community while earning community service hours. Interested teens should email Andrea and Liz at parkerlibrarytlc@gmail.com.

JANUARY 27

BEYOND THE MORTARBOARD

DOUGLAS COUNTY LIBRARIES-PARKER

Because college may not be for everyone, parents and high school seniors are invited to a special evening to explore some alternative learning experiences. Dinner is included at this free session, which begins at 6 p.m. RSVPs are required by emailing dcparenting@usa.com.

JANUARY 28

GEEKS WHO READ TEEN TRIVIA NIGHT

DOUGLAS COUNTY LIBRARIES-PARKER

Teens will test their knowledge and express their inner geeks during this event, which begins at 6:30 p.m. Teams will answer questions about movies, music, pop culture and books. Winners will walk away with prizes and bragging rights. Pizza and root beer will be provided. Register online at DouglasCountyLibraries.org or by phone at 303.791.7323.

JANUARY 30

OVERCOMING EMOTIONAL EATING

NATURAL GROCERS

During this interactive seminar that begins at 10 a.m., Annette Sloan, MBNC, will share valuable insight on why emotional eating is such a common issue. Participants will leave empowered with new self-awareness, as well as practical strategies for a healthier relationship with food. For information, call 303.805.1285 or visit NaturalGrocers.com.

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The Past is a Present

WORDS MICHAEL VAN OSCH

Here we go, 2016, another new year. And as good little citizens of this fast-paced world, we begin immediately to look forward. We set resolutions, new goals for the year, run the numbers to see where we might be able to get to this year.

Hey, there's nothing wrong with that. As humans, our minds are built for moving forward. That's probably why we've survived this long.

But just for a minute, just for kicks, perhaps we should stop and look back over the last year before we fall too far into the grind of 2016.

Why? Because as the ever-famous Ferris Bueller once said: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

We all know this is true, but the beginning of the year is quite possibly the only time we remember it and can truly give it a try.

Regardless of who you are, I'm sure a lot of things happened in your life in 2015. Possibly some amazing things, some cool things, some expected and some unexpected things. And perhaps some not so nice or even very sad things.

It's all of these happenings and events that together make up the year that was. And what's easy to forget is, that is what our lives are - all of those moments that make up a year. And by not at least taking the time to acknowledge them and be thankful that we're still here to see another day, we can actually miss out on this gift we've been given.

Let's face it, when life is happening, we rarely seem to slow down enough to mull it over, really take it in and enjoy the moments. I've gotta believe that life is not meant to be a 365-day blur!

So yeah, while planning for the New Year and mustering our energy to break new ground and reach new heights is part of it, it's only half the story. The other half is to look back and relish what we've already done, see how far we've come, notice how we've coped and realize we're standing on the broad shoulders of another year's experience.

Now before the blur of 2016 sets in, (and it will), take a personal moment or two to relive some of 2015. The good, the bad and the ugly - it all adds up to form your life. And really, it'd be a shame to miss it.

Cheers.

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