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If I had a dime for every time I heard the expression, "Work hard, play hard," well, I'd have a lot of dimes.

Whatever happened to making work and play fit seamlessly into our lives, instead of turning them into life-or-death pursuits in which one endeavor rescues us from the perils of the other?

Sure, there's a certain hardcore, risk-taking image we have of ourselves as Coloradans, perpetuated by the rest of country.

But what if we looked at both work and play as necessary and integral parts of every day? What if we made a point of leaving work at a reasonable time? What if we used those extra daylight hours of summer to get outside every afternoon, whether that means biking

20 miles, or playing Cornhole in the backyard?

Would it prevent burnout at work, or injuries sustained from being "weekend warriors"? Would it make us happier, more balanced people? The truth is, I don't know. As someone who spent much of her career shooting videos on military "fast boats" and chasing down unhappy interview subjects for stories, this is all a new concept for me. I've been the guiltiest of the guilty when it comes to overindulging on all fronts, both work and play.

But all indicators seem to point to stepping back a little bit and smelling the roses, at least for me. So I'll cut this letter short and take the dog for a walk.

Wishing you a July that's filled with play, this month and all year round!

Robin Bond, Editor  
Robin.Bond@LifestylePubs.com

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**ON THE COVER** Hermit's Hollow, Estes Park, CO  
**PHOTOGRAPHY BY FRANKIE SPONTELLI**  
**FRANKIEBOY PHOTOGRAPHY**

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# Highlands Ranch

L I F E S T Y L E

JULY 2017

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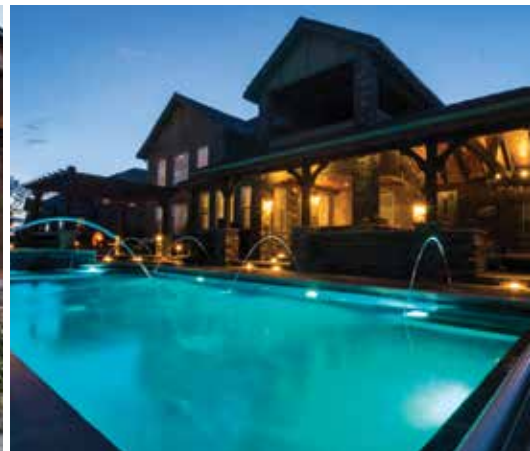
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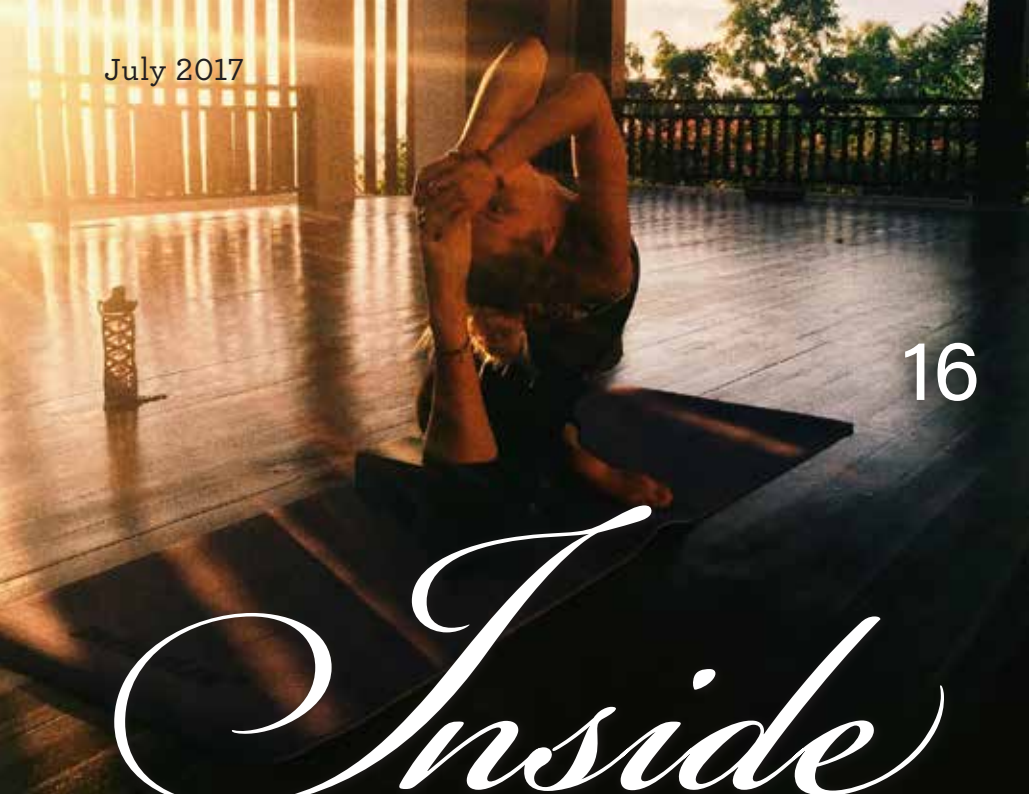


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July 2017



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# East-West Trail Race Series

The Endurance Race Series held its 2nd Annual East-West Trail Race on June 10th, featuring a 5K, 10K and half-marathon.

PHOTOGRAPHY BY CHAD LOVEJOY



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Post-race Beer by Avery Brewing



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# AROUND TOWN



## A TASTE OF COLORADO ANNOUNCES 2017 FESTIVAL DATES

A Taste of Colorado is a four-day, free admission festival produced by the Downtown Denver Partnership. The event takes place over Labor Day Weekend in Downtown Denver's Civic Center Park. More than 500,000 visitors will celebrate Labor Day Weekend at the region's largest free music festival, while enjoying cuisine from over 50 restaurants and food establishments, diverse musical acts performing on six stages, and shopping at nearly 300 different artisan booths. A Taste of Colorado is the ultimate end-of-summer opportunity for residents and visitors to experience the sounds, tastes, and sights of Colorado's diverse cultural traditions and Western heritage. This year the festival will take place September 1st-September 4th at Civic Center Park. Admission is free and food and beverage tickets will be sold separately. For more information visit, [ATasteOfColorado.com](http://ATasteOfColorado.com)

## DUMB FRIENDS LEAGUE EVENT IS THE 'CAT'S MEOW'

Celebrate our feline friends and help cats and kittens find forever homes at the 9th annual CatFest. This fun-filled event takes place on Saturday, July 8 from 10 a.m. to 3 p.m. at the Dumb Friends League Quebec Street Shelter in Denver. Cat lovers of all ages will have the chance to meet dozens of adoptable cats and kittens, enjoy clicker-training demonstrations, photo booths and activities for kids, get expert advice from pet behavior and veterinary experts, sample delicious eats from local food trucks and find unique cat-inspired items at the "Meow Market." The Dumb Friends League has set a goal of 175 cat adoptions the week leading up to CatFest, July 3-9 (closed July 4), and will be

offering waived adoption fees for adult cats (1 year and older). "Cats make wonderful, loving companions," said Bob Rohde, president and CEO of the Dumb Friends League.

"CatFest is a great way for the Dumb Friends League to celebrate cats and highlight our commitment to providing compassionate care to help felines find forever homes." All cat adoptions from the Dumb Friends League include a spay/neuter surgery, age-appropriate vaccinations, a microchip implant and a free follow-up office visit with a participating veterinarian. Admission to CatFest is free, and all ages are welcome. CatFest is sponsored by Hill's Pet Nutrition and takes place at the Dumb Friends League Quebec Street Shelter, located at 2080 S. Quebec St. in Denver. Adoption pricing specials during CatFest will also be honored at the Buddy Center in Castle Rock and all partner locations where Dumb Friends League cats are available for adoption. [DDFL.org](http://DDFL.org)





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**ARTICLE MARLEY JERANKO**  
**PHOTOGRAPHY LADD FORDE PHOTOGRAPHY**

Come summertime, Coloradans aren't just living for the outdoors, they're living in it. But for those of us living at 5,280, there's just one tiny problem, and it goes by the name of *traffic*...

Luckily, Four Elements Landscape & Outdoor Living excels in merging the best of both worlds right in your backyard. What started as a small





family-owned business over 25 years ago has evolved into the reputable landscape design company that stands today. What's more impressive, even through the years, Four Elements has stayed true to its grassroots beginnings by eliciting its inspiration from nature's beauty. Canterbury Crossing is one such example.

Designed as a self-maintaining oasis that would evoke the same effortless splendor found in our Rockies, the home was transformed from a 20-year-old rundown lot with a pool to a sophisticated sanctuary with lush landscape and abundant space that could be used for entertainment.

Four Elements president John Van understood that it was important to his clients to have a place where friends and family could come together and relax in the outdoors. Building on the homeowners' vision, Van adorned their concept with a custom firepit and seating wall, pondless water feature, custom composite decking, synthetic turf, and LED lighting.

So while most Coloradans are sitting in their Subarus, inching along I-70's pavement just to get a glimpse of that mountain majesty, Van's clients at Canterbury Crossing are likely enjoying a glass of red wine in the company of colorful flowers and full trees. For them, Colorado's natural environment and the convenience of home no longer have to be mutually exclusive.

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*The author at her Mandala Village studio/bungalow in Balangan, Jimbaran. Photo by Kelly Payne.*



# From the 'Burbs to Bali

The Land of Gods and Goddesses

ARTICLE AND PHOTOGRAPHY TARYN BOND

Famously renowned as “the Island of the Gods and Goddesses,” Bali has recently seen a sharp increase in tourism and international acclaim. Thrust into the limelight largely by Elizabeth Gilbert’s beloved bestselling book “Eat, Pray, Love”, Bali offers a truly unique and magical mix of experiences: yoga classes taught in Ubud by the world’s preeminent teachers, a rugged volcano hike up Mount Batur before sunrise, and gorgeous white sand beaches in Seminyak juxtaposed perfectly with black sand beaches just miles away at Tanah Lot. And oh yes, THE best shopping.

CONTINUED >

*Eclectic display just off the beach near Single Fin Bar and Restaurant in Uluwatu.*



Ancient, awe-inspiring temples for spiritual souls as well as lovers of architecture, plus friendly locals and reasonable prices, make Bali the perfect travel destination for families with kids, retirees, and solo travelers alike. Bali may seem like the edge of the world, but you'd be amazed at how quickly this magical little island starts to feel like home.

I personally went to Bali with the goal of completing my yoga teacher training so I'd be able to teach yoga classes upon

returning home. Although I spent a large amount of time at my studio/bungalow in Balangan, Jimbaran, a whole month in Bali provided plenty of opportunity to get out and explore the rest of the island. Having tried a taste of everything, I wanted to share the highlights of my Bali experience (which was hard to narrow down!). Since I've been home, I've been buzzing about Bali: it's a tropical destination suited for adventurers, "glampers," sightseers, and beach bums alike.

*A bike ride from our Airbnb in the Gili Islands to the beach on Gili Trawangan. The Gili Islands are a cluster of tropical islands just a two-hour ferry ride from Bali.*

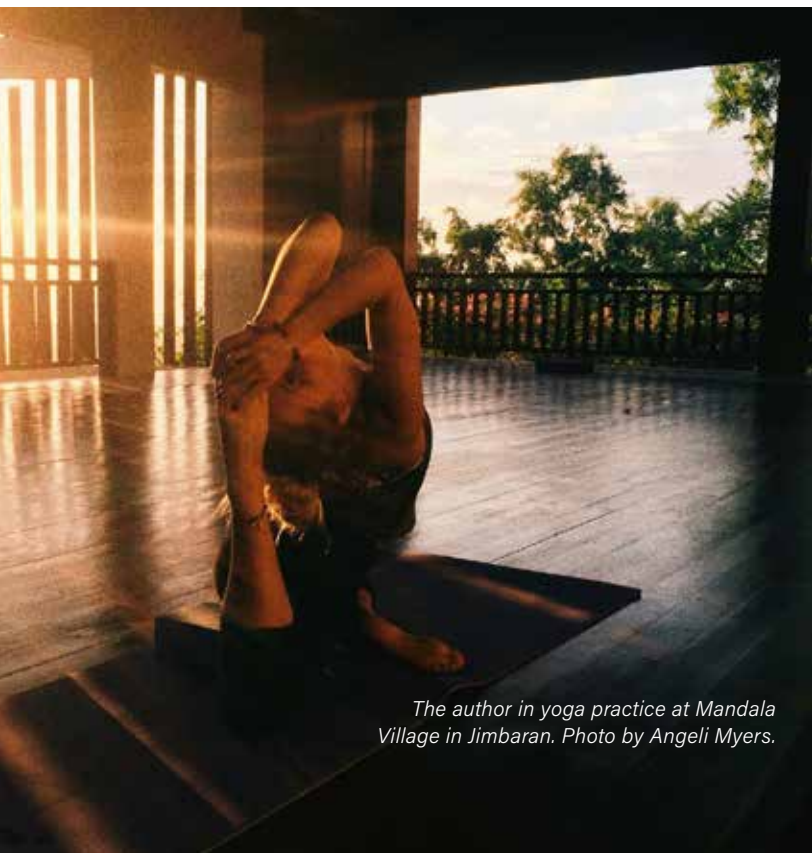


*A traditional Balinese Fire Dance performed at the Uluwatu Temple.*





*The yoga studio at Mandala Village in Jimbaran. Don't forget the bug spray!*



*The author in yoga practice at Mandala Village in Jimbaran. Photo by Angeli Myers.*



*Tropical Vegan Pancakes from the Smoothie Shop in Jimbaran.*



*Henna tattoo + fresh coconut  
+ sarong (gotten for a song!) at  
Badung Beach near Seminyak*



*An afternoon snack at Badung Beach near Seminyak. Ready-to-eat pineapple for less than \$2? Yes, please!*

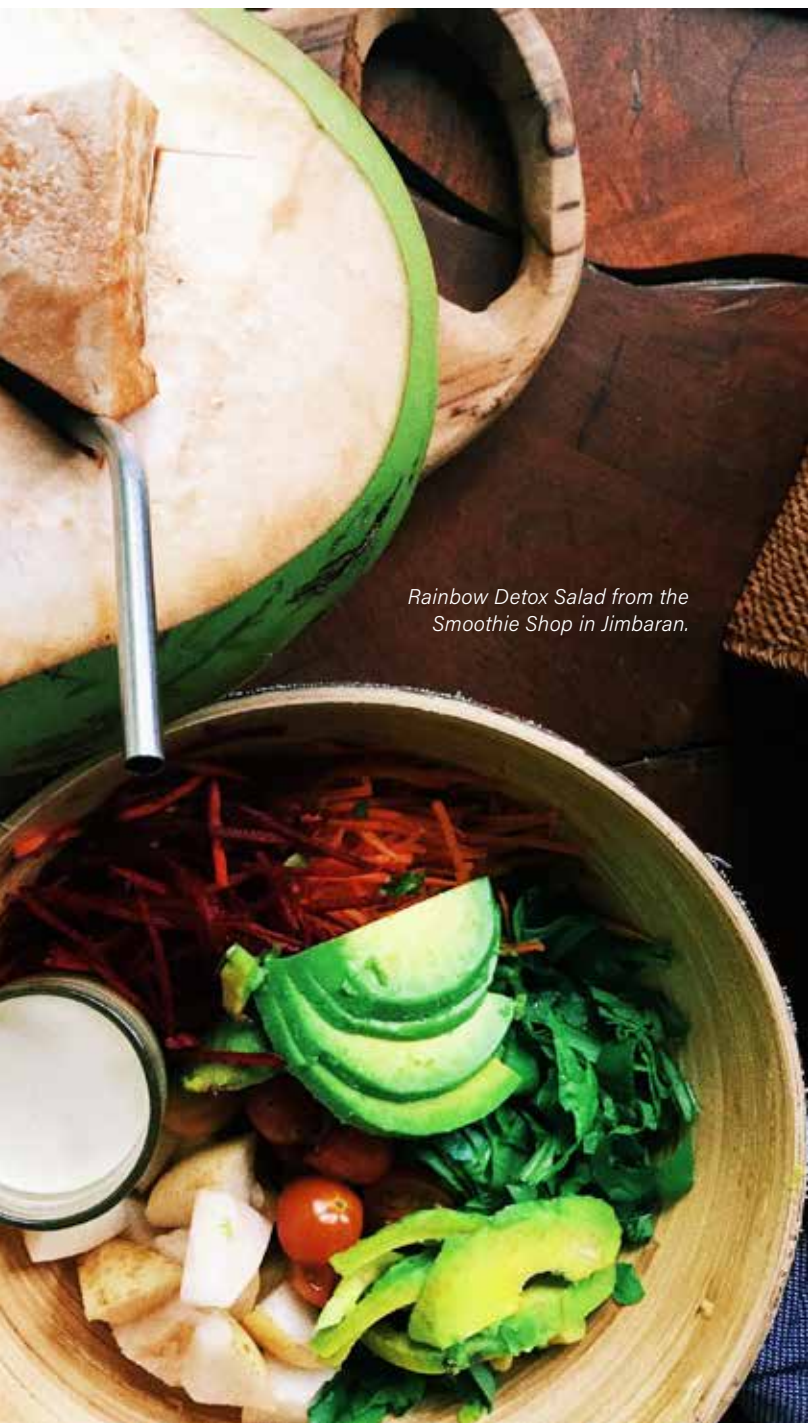






## BALI'S APPEAL

Bali has seen an uptick in tourism, even before Elizabeth Gilbert's 2006 book, followed by the 2010 movie. But the main reason adventurers and spiritual tourists love Bali, I think, is the people. The Balinese philosophy of always being happy (and the fact that they actually enjoy tourists!) plus the natural beauty and access to the best yoga and spiritual leaders in the world make it a no-brainer for travelers!



*Rainbow Detox Salad from the Smoothie Shop in Jimbaran.*

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*The Uluwatu Temple  
in late afternoon.*



The windy trek down Mount Batur from a sunrise hike (in the dark!). After watching the sunrise and drinking coffee from condensed volcanic steam, we ventured back down. Bring layers - the top of this mountain may be the only chilly spot on the whole island!





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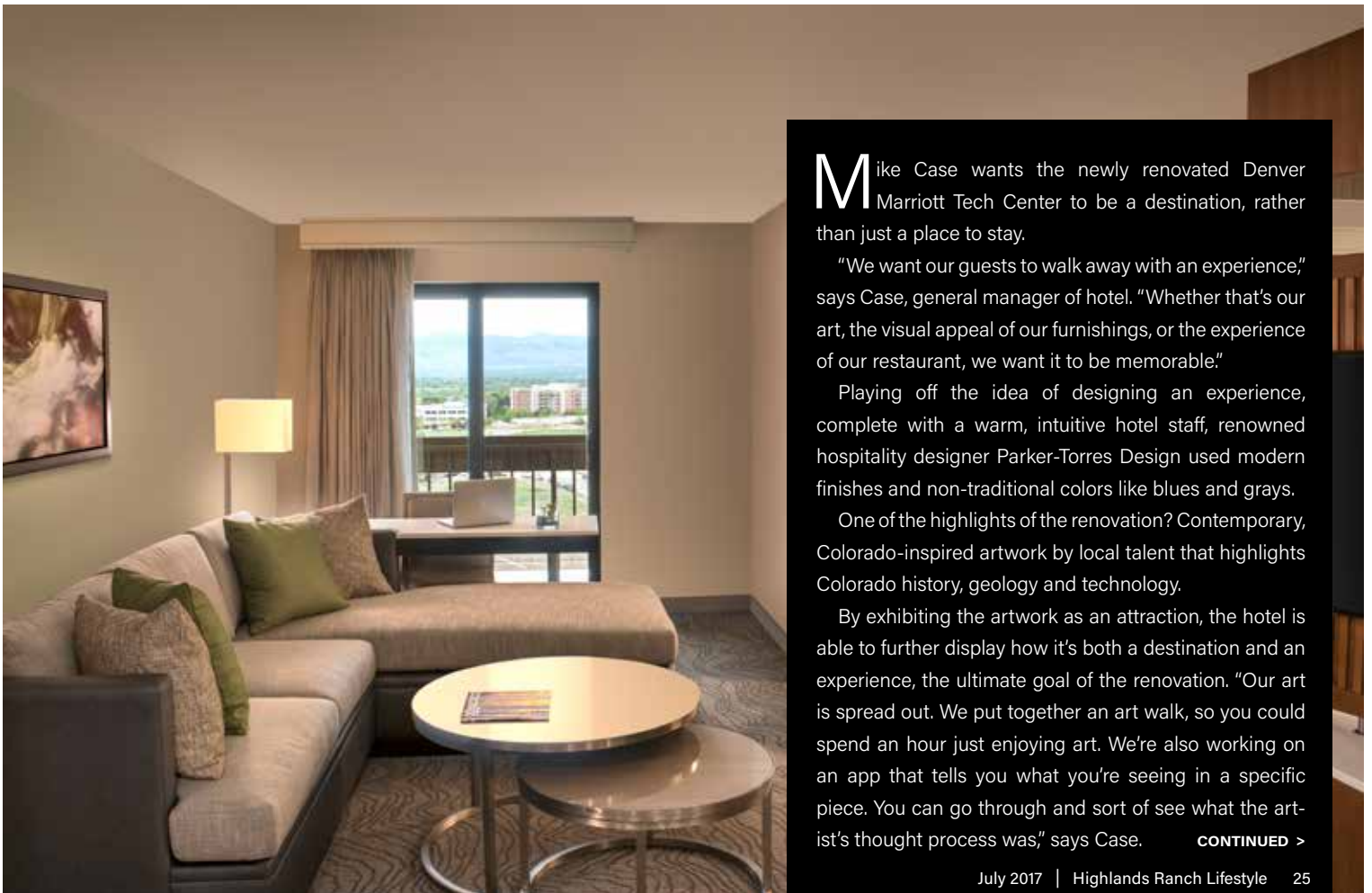


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ARTICLE MACKENZIE BRECKER | PHOTOGRAPHY MICHAEL PECK





**M**ike Case wants the newly renovated Denver Marriott Tech Center to be a destination, rather than just a place to stay.

"We want our guests to walk away with an experience," says Case, general manager of hotel. "Whether that's our art, the visual appeal of our furnishings, or the experience of our restaurant, we want it to be memorable."

Playing off the idea of designing an experience, complete with a warm, intuitive hotel staff, renowned hospitality designer Parker-Torres Design used modern finishes and non-traditional colors like blues and grays.

One of the highlights of the renovation? Contemporary, Colorado-inspired artwork by local talent that highlights Colorado history, geology and technology.

By exhibiting the artwork as an attraction, the hotel is able to further display how it's both a destination and an experience, the ultimate goal of the renovation. "Our art is spread out. We put together an art walk, so you could spend an hour just enjoying art. We're also working on an app that tells you what you're seeing in a specific piece. You can go through and sort of see what the artist's thought process was," says Case. **CONTINUED >**



## BRINGING COLORADO BEAUTY INDOORS

Originally built in 1981, the hotel's new look pays homage to the natural beauty of Colorado, with modern, high-end touches like sliding doors, all new luxury bedding and sleek, contemporary furniture and original Colorado art in all 605 guest rooms. The renovation included the creation of five Residential Suites, plus 36 Studio Suites.





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# July

## JULY 4

### JULY 4TH PARADE

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The HRCAs Family Bike and Pet Parade allows families to dress up everyone, including the pet and bikes, and show their patriotic spirit! Make a sign to identify your family, if you like. This patriotic parade is for children 2 - Grade 6. Parent must stay with child. FREE to participate. [HRCOnline.org](http://HRCOnline.org)



## JULY 4

### JULY 4TH CELEBRATION

#### HIGHLAND HERITAGE REGIONAL PARK

July 4th Celebration and Fireworks event returns to Highland Heritage Regional Park. The celebration will start at 4:00 p.m. at Highland Heritage Regional Park concluding with the fireworks show at 9:30 p.m. Join us for balloon twisters, face painters, games & inflatables, live music and of course fireworks! [HRCOnline.org](http://HRCOnline.org)

## JULY 6 - 27

### SUMMER CONCERT SERIES

#### HIGHLAND HERITAGE REGIONAL PARK

Join us as we kick off another great Summer Concert Series. Pack a picnic and enjoy music at the park. Kona Ice will be serving shaved ice. There will be no other food trucks at this event. Please leave your dogs at home for this event. Admission to this series is free! Thursdays from 4:00 p.m. - 9:00 p.m. [HRCOnline.org](http://HRCOnline.org)

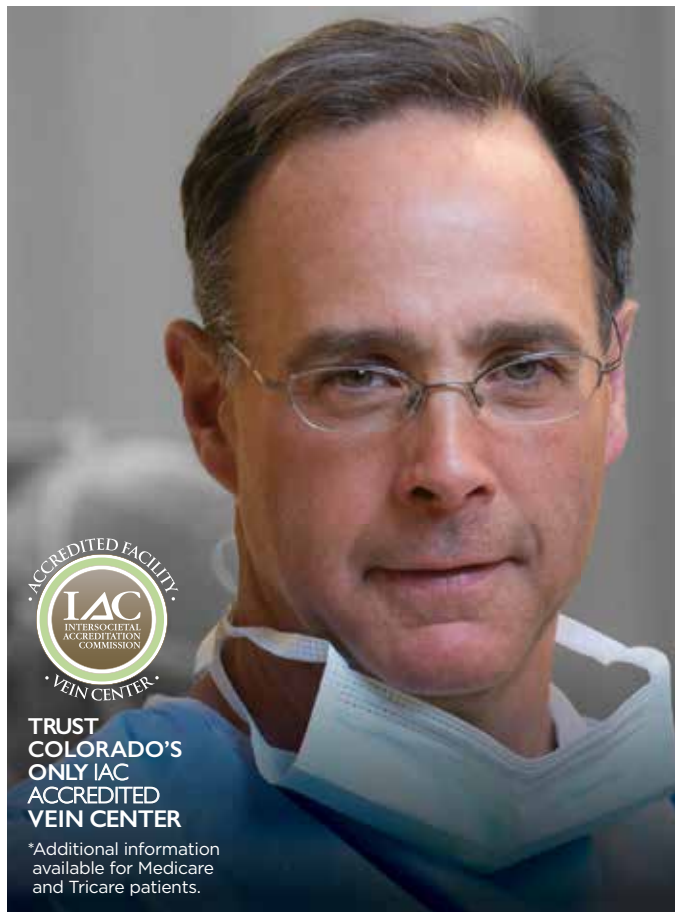
## JULY 8

### WEIGHT LOSS WITH FUNCTIONAL MEDICINE

#### PARKER NATURAL GROCERS

Dr. Mark Riggs discusses strategies for those looking to lose weight using a functional medicine approach, which seeks to treat the underlying cause of dysfunction in the body. Topics being discussed will be

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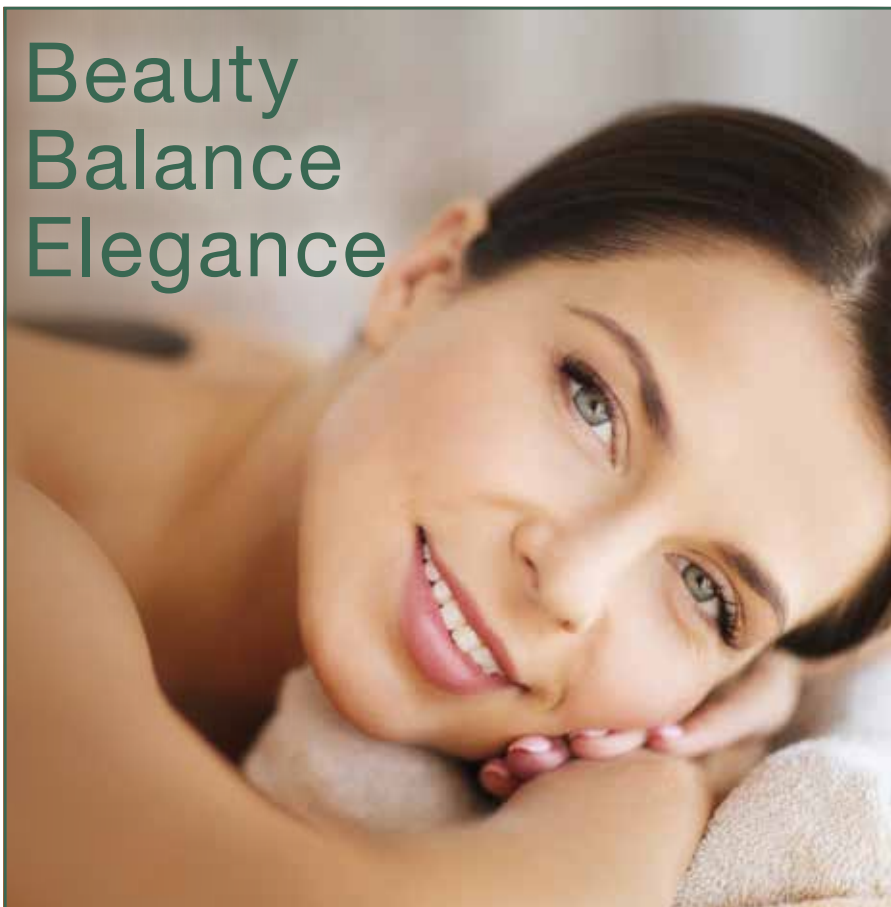
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common underlying conditions that contribute to the inability to lose weight, how to eat to effectively detoxify, and exercise strategies for your weight loss goals. [NaturalGrocers.com](http://NaturalGrocers.com)

## JULY 15

**GOT CHOCOLATE?**

### PARKER NATURAL GROCERS

Gotta have chocolate? Then you're one of us! Indulge in a chocolately daze of delectable sweetness when you discover everything there is to know about the smooth, satisfying richness that is irresistible chocolate. Join us for this quick class and delicious samples! Event by Brooke Ebel, MNT [NaturalGrocers.com](http://NaturalGrocers.com)

## JULY 15

**OAKED & SMOKED ~ AMERICAN  
WHISKEY AND BBQ**

### RECREATION CENTER AT EASTRIDGE

Back by popular demand, HRCAs and Davidsons Liquors bring you an event of epic proportions. Enjoy an afternoon sampling American whiskeys from all over the United States including bourbons, rye's, single barrels, and other assorted styles paired with delicious grilled and barbecued delights. [HRCOnline.org](http://HRCOnline.org)

## JULY 17 - 22

**JACK & THE BEANSTALK  
FOUNDRY CHURCH**

The Castle Pines Arts & Cultural Foundation invites you to climb high in the sky with Jack and his magical beanstalk at Rocky Heights Middle School. The Missoula Children's Theatre is looking for 50 to 60 local kids to star in this exciting production. For more details visit, [CastlePinesArts.org](http://CastlePinesArts.org)

## JULY 22

**TOUCH-A-TRUCK**

### CHERRY HILLS COMMUNITY CHURCH

Put your imagination in gear and go! Join us for the 6th Annual Touch-a-Truck event, 3900 Grace Blvd, Highlands Ranch, where kids get a chance to get behind the wheel and rub elbows with their hometown heroes. Come and climb on and explore on your favorite vehicles including big rigs, fire engines, police cars, construction trucks, dump truck and more. [HRCOnline.org](http://HRCOnline.org)





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# LIVE MUSIC UNDER THE STARS (OR SUN!)

A MONTH'S WORTH OF FREE SUMMER CONCERTS IN THE GREAT OUTDOORS

ARTICLE ROBIN BOND

It's not just the word "free" we like about our summer concert roundup. It's the "no-tickets-needed, go-when-the-weather-is-perfect-and-it-strikes-your-fancy" element that comes along with the word "free." No tickets needed, so you can keep it loose, no need to plan ahead. Save this calendar and check in when the weather and the mood seem right for live music that spans the genres. Enjoy summer under the Colorado stars - or sun!

**2** JULY 2  
CP JAZZ 



**5** JULY 5  
EG Lonesome Days  
BF USAF

**6** JULY 6  
PK Chris Daniels



**7** JULY 7  
HR Tripping Griswolds  
VH Whitewater Ramble

**9** JULY 9  
CP JAZZ 

**11** JULY 11  
BC The Coteries



**12** JULY 12  
SG - Margarita Bros. Band  
BF - Race and the Ruckus

**19** JULY 19  
BF Jake and the Plummers

**13** JULY 13  
PK The Long Run  
ST Dotsero



**14** JULY 14  
VH Wash Park  
HR No Visible Flaws

**16** JULY 16  
CP JAZZ 

**18** JULY 18  
BC Moderators

**19** JULY 19  
EG Curtis Grimes



**21** JULY 21  
PK Dearling  
HR Fab Four  
VH Paradise Theater


**23** JULY 23  
CP Jazz 

**25** JULY 25  
BC 8-Track

**26** JULY 26  
SG The Long Run

**27** JULY 27  
PK The Nacho Men

**28** JULY 28  
HR The Long Run  
VH Six Million Dollar Band  
BF Soul Sacrifice

**30** JULY 30  
CP JAZZ 

**1** AUGUST 1  
BC Under a Blood Red Sky



**2** AUGUST 2  
EG Michael Hornbuckle  
BF Celtic Legacy

**3** AUGUST 3  
ST Tunisia

**4** AUGUST 4  
VH Wo What Brothers

**KEY:**

**BC** Beats on the Creek, Coohills Restaurant, 1400 Wewat-ta St, Denver, Coohills.com

**BF** Broomfield Amphitheater, 3 Community Park Rd, Broomfield, Broomfield.org

**CP** City Park, 1700 York Street, Denver, CityParkJazz.org

**EG** Evergreen Lake House - 29612 Upper Bear Creek Rd, Evergreen, EvergreenLakePresents.com

**HR** Highland Heritage Regional Park, 9651 S Quebec St, Highlands Ranch, HRCAOnline.org

**PK** Discovery Park, 20115 E Mainstreet, Parker, ParkerArts.Ticketforce.com

**ST** Conservatory Green at Stapleton, Valentia St & E 49th Pl, Denver, StapletonCommunity.com

**SG** The Streets at Southglenn, 6991 S. Vine St, Centennial, ShopSouthglenn.com

**VH** Viewhouse Centennial, 7101 S Clinton St, Centennial, Viewhouse.com



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