

MAY 2017

Highlands Ranch

THE BEST OF HIGHLANDS RANCH, LONE TREE & CASTLE PINES HighlandsRanchLifestylePubs.com

L I F E S T Y L E TM



WOMEN TO WATCH 2017

WOMEN WE ADMIRE
FROM RUNWAY TO REALITY
MOTHER'S DAY BRUNCH FOR 2 OR 20

PARK MEADOWS

COLORADO'S ONLY RETAIL RESORT

DELECTABLE DINING + 185 FABULOUS STORES + FREE PARKING



Colorado's ultimate shopping and dining destination

NORDSTROM ANTHROPOLOGIE MICHAEL KORS SUNDANCE
KENDRA SCOTT COACH LULULEMON ATHLETICA APPLE NESPRESSO
SEASONS 52 PERRY'S STEAKHOUSE & GRILLE THE CHEESECAKE FACTORY

VISIT PARKMEADOWS.COM FOR A FULL LISTING OF STORES & RESTAURANTS.

Located at I-25 and C-470 in Lone Tree.



YOUR FAMILY'S

SUMMER DESTINATION



Join by May 16 and receive **\$49 ENROLLMENT.**

Blast! Summer Camp | Youth Programming | Swimming | **You belong here.**

ColoradoAthleticClub
Boulder | DTC | Flatirons | Inverness | Monaco | Tabor Center | Union Station

Call 303.861.5646 or visit
ColoradoAthleticClubs.com today!

*Restrictions may apply. Must be local resident, age 18 and over with a valid photo ID. First time guests only. One pass per person. Can not be combined with another offer. Expires May 16, 2017 ©2017 Wellbridge

Party of Eight



The versatile, fun-to-drive 2017 Honda Pilot.
Taking “I’ll drive” to a whole new level.



The 2017 Honda Pilot received the Best Buy of the Year Award from KBB.com. With a roomy interior, great efficiency and stellar versatility, the Pilot remains the benchmark for SUVs.



1003 Plum Valley Lane, Highlands Ranch, CO 80129 • 303.798-1500



ESCAPE FROM ORDINARY.

Introducing the all-new 2017 MINI Countryman ALL4 - the biggest MINI ever. With standard turbocharged power, **all-wheel drive**, and **complimentary scheduled maintenance**, it's the perfect way to escape from ordinary.

Schomp MINI
1001 Plum Valley Lane
Highlands Ranch, CO 80129
(877) 494-2731
schompmini.com



**THE ALL-NEW 2017 MINI COOPER COUNTRYMAN ALL4
STARTING AT \$28,600**





It's a good time to be a girl.

And I know this because my daughters don't label themselves "feminists."

Why don't they take up the mantle? I used to ask myself. Don't they understand that women have only had the right to vote for 98 years? Isn't it appalling that the U.S. percentage of female elected officials of 19.4% is almost 4 points below the world average of 23.3%? And as far as their mom's story, yours truly, don't they know how hard a young, short, ambitious woman worked to be taken seriously at the big-boy's table in years past?

No they don't, and that's a good thing. Because they're growing up in a different world: one where the basic definition of feminism, *the belief that women and men and all people shall have equal opportunity*, is a truth they've known since they learned the golden rule. And more than just a belief, it is my daughters' *assumption* that it shall be so.

It is with this new view of society that I looked with admiration at this year's Women to Watch honorees. Each year, Lifestyle Publications honors accomplished women in our community who inspire us. This year the list of nominees was long, and the decisions were tough.

Ultimately, the 2017 "League of Extraordinary Women" includes women who've accomplished extraordinary things by anyone's terms. Their stature isn't qualified by the fact that they did this while ALSO raising families, while ALSO fighting old genderist views. No, their accomplishments are remarkable for anyone -- male, female, young, old.

And they spanned industries, from turning a Colorado business into a national franchise, to transforming a retail resort into a regional destination and an economic boon for our community. From building a fitness empire and changing the way we work out, to pushing new frontiers in interior design, art and cuisine, these women represent the best of what's possible.

Robin Bond, Publication Director

HighlandsRanchLifestylePubs.com

ON THE COVER Wendy Skaalerud of Orangetheory Fitness
PHOTOGRAPHY BY JONATHAN PHILLIPS

JOIN US



TALK TO US



PUBLISHER

Andy Manz | Amanz@LifestylePubs.com

PUBLICATION DIRECTOR

Robin Bond | Robin.Bond@LifestylePubs.com

ADMINISTRATIVE DIRECTOR

Felicia Meyer | Felicia.Meyer@LifestylePubs.com

EDITOR

Robin Bond | Robin.Bond@LifestylePubs.com

CONTRIBUTING WRITERS

Meg Simon, Bobbi Hillard, Robin Bond

CONTRIBUTING PHOTOGRAPHERS

Jonathan Phillips, Galina Khrestsov

CORPORATE TEAM

CHIEF EXECUTIVE OFFICER | Steven Schowengerdt

CHIEF SALES OFFICER | Matthew Perry

CHIEF FINANCIAL OFFICER | DeLand Shore

DIRECTOR OF MARKETING | Brad Broockerd

ART DIRECTOR | Sara Minor

OPERATIONS MANAGER | Janeane Thompson

EDITORIAL MANAGER | Nicolette Martin

EDITORIAL | Victoria Perry, Lindsey Howard

AD MANAGER | Chad Jensen

SENIOR AD DESIGNER | Megan Seymour

AD COORDINATORS | Cyndi Harrington, Andrea Thomas
Alicia Huff

LAYOUT DESIGNERS | Cyndi King, Jessica Sharky,
Dana Rudolph

PUBLISHER SUPPORT | Melanie Carlisle

EXECUTIVE ACCOUNTANT | Randa Makeen

APPLICATION ARCHITECT | Michael O'Connell

WEB DEVELOPERS | Hanna Park, Scott Lavigne



Lifestyle publications™

P.O. Box 12608

Overland Park, KS 66282-3214

Proverbs 3:5-6

Highlands Ranch Lifestyle™ is published monthly by Lifestyle Publications LLC. It is distributed via the US Postal Service to some of Highlands Ranch's most affluent neighborhoods. Articles and advertisements do not necessarily reflect Lifestyle Publications' opinions. No portion of this magazine may be reproduced in any form without written consent. Lifestyle Publications does not assume responsibility for statements made by advertisers or editorial contributors. Information in *Highlands Ranch Lifestyle™* is gathered from sources considered to be reliable, but the accuracy of all information cannot be guaranteed.

THE ART OF OUTDOOR LIVING

Like you've never seen before.

LANDSCAPE DESIGN
OUTDOOR LIVING
MAINTENANCE

DENVERELITELANDSCAPING.COM
303.795.1717





Departments

- 10 Good Times
- 12 Around Town
- 24 Culinary Creations
- 28 Trend Setter
- 32 Lifestyle Calendar
- 34 Local's Choice

Inside

Highlands Ranch

L I F E S T Y L E

17 Making Big Things Happen

What inspires some of south Denver's most successful women

28 From Runway to Real Life

fab'rik Denver's take on festival-inspired fashion

34 "Bonus-moms"

Confessions of a happy stepmom



Lifestyle Publications

Arizona | California | Colorado | Florida | Georgia | Idaho | Illinois | Kansas | Minnesota | Missouri | Montana
 North Carolina | Ohio | Oklahoma | South Carolina | Tennessee | Texas | Utah

FREE In-Home Estimates

WW

Window Wear

Home of the Well-dressed Window

720-285-2112



We care about child safety. Free upgrades on all cordless purchases! Offer expires June 30, 2017.

Any Brand, Any Style, Any Color ▪ Free Perfect Fit Measure offered on all orders ▪ Free Professional Installation
Our Products are Eco Friendly ▪ Child and Pet Safety Guarantee ▪ Repairs offered on ALL Brands and Styles
On-Site Shade and Drapery Cleaning ▪ Care For Life Warranties

Visit our Showroom to explore the latest in Window Treatments, Drapery, Motorization, and Fine Furnishings for your windows. We guarantee a perfect fit on every window.

Located in the Streets of Southglenn

2151 E Briarwood Avenue-#600, Centennial, Colorado 80122 ▪ windowwearco.com



Behind The Scenes

The highly anticipated *Women To Watch* issue was a blast on-camera and off! The women chatted, laughed, and enjoyed stylings by Reggio Imports. Held at the Marriott Denver Tech Center. **PHOTOGRAPHY BY JONATHAN PHILLIPS.**



Felicia Meyer, Robin Bond, Jodi Horner, Raemi Vermiglio



Pamela Schenck-Kelly, Jeni Hampers, Erika Morrow



Sue Wright from Reggio Imports Styling



Having fun styling Anne Barrington



Jeni Hampers, Erika Morrow



Amazing Food!

Castle Pines Chamber Annual Banquet

The Castle Pines Chamber of Commerce celebrated its 10-year anniversary at its Annual Banquet on February 23. Over 100 chamber members, staff, friends and family came together for a fun-filled night of food, dancing and an auction at Cielo Castle Pines. **PHOTOGRAPHY BY LYNN ZAHORIK.**



Joe and Mary Roos



All our guests had fun!



Steve Peterson and Greg Segal



Lisa and Ted Manzanares



Castle Pines Chamber staff members Stacie Chadwick, Carla Kenny, and Amy Shanahan



Jennifer and Andrew Dunbar, John Kenny and daughter Katie Kenny

Voted 2017 Colorado Project of the Year!

Landscape Architecture • Construction • Estate Maintenance • Landscape Lighting • Outdoor Living • Water Features • Hardscapes



Designs By Sundown was founded in 1985 to make great homes even better with beautiful, sustainable, enjoyable landscapes. We have stayed true to our roots, with a responsive, knowledgeable staff and the highest quality materials and craftsmanship.

303.789.4400   
www.DesignsBySundown.com



AROUND TOWN

GIDDY UP TO THE HARMONY EQUINE CENTER OPEN HOUSE

The Dumb Friends League Harmony Equine Center is opening its barn doors to the public for a one-of-a-kind event. Horse lovers of all ages are invited to the Harmony Equine Center Open House on Saturday, June 10. This free, family-friendly event takes place at the Harmony Equine Center, located at 5540 E. Highway 86, just west of Franktown, from 10 a.m. to 3 p.m. Visitors will have the opportunity to take guided tours of the beautiful 168-acre property and meet horses available for adoption. Guests can also enjoy local food trucks, games for kids and a chili cook-off.

During the open house, visitors will get a firsthand look at how the Harmony Equine Center trains formerly abused or neglected horses so they are ready for adoption. Harmony's staff of professional horse trainers will present demonstrations throughout the day covering a wide range of topics, including how to trailer-load a horse, selecting the right horse, working your horse in the round pen and horse ownership 101. Additionally, guests will be able to watch horses complete an obstacle course used for training and enrichment.

"The open house is a chance for people to see how the work that goes into rehabilitating these horses can transform them into great trail-riding horses, family horses or simply good companions for other horses," said Garret Leonard, director of the Harmony Equine Center. DDFL.org



CASTLE PINES CHAMBER OF COMMERCE FOOD TRUCK FRENZY

It's going to be a total frenzy! On Saturday June 3, the Castle Pines Chamber of Commerce will hold its third annual Food Truck Frenzy event at Coyote Ridge Park in Castle Pines from 5:00 - 8:00 p.m. Celebrating the beginning of summer, this amazing day promises to feature delicious food, wonderful live music, and lots of family-friendly fun!

Due to the record turnout last year, the Chamber is adding even more trucks to this year's Food Truck Frenzy! Ten food trucks will provide a myriad of food from pizza, crepes, grilled cheese, and street tacos to delicious ice cream and shave ice. People from all over the community can camp out in lounge chairs and blankets all afternoon with friends and family while soaking up the sun and dancing to 70s and 80s hits with the band Lookin Back. Little ones can enjoy hula hooping, climbing on the jungle gym, and many more fantastic activities. Stop by our new pet corner for special treats for your favorite furry friend.

Community events such as this are made possible due to the generous support of local business and community partners. The Castle Pines Chamber extends appreciation to Castle Rock Bank, Animal Care Center of Castle Pines, Castle Pines North Metropolitan District, the City of Castle Pines, The Castle Pines Connection, Castle Rock Adventist Hospital, CruiseOne, Douglas County Libraries, Douglas County Living, Keith Dodd/Realty One Group Premier, and Orangetheory Castle Rock. Special thanks to Rockyard Brewery providing beer and to Steve Evans of Dancing Dawgz food trucks for his tremendous help in organizing the food.

Hope to see you at Coyote Ridge on June 3 for this amazing community event!

To learn more about upcoming Castle Pines Chamber events, see a slideshow from last year's Food Truck Frenzy, or join our email list, for community events and promotions, visit CastlePinesChamber.com

JOHN ATENCIO TO SHOWCASE BLACK DIAMONDS IN TRUNK SHOW EVENTS

JOHN ATENCIO will hold his first limited edition 'Trunk Show' during late April and early May in select John Atencio Boutique locations. Each event will feature an extraordinary and limited selection of black diamond necklace styles – showcased alongside established John Atencio Collections which complement the exotic and elegant evening look. As with all John Atencio diamonds, each of the black diamonds included in this Trunk Show are conflict free and responsibly sourced from mines that adhere to the Kimberley Process.

The tagline for the Trunk Show: The New Noir: Elegance Re-Faceted recognizes the unique multi-checker-cut faceting of the exotic black diamonds in each necklace style. This faceting creates a higher level of brilliance, luster and shine for a truly exotic and elegant look. A wide selection of necklace lengths and styles will be showcased.

The Black Diamond Trunk Show event begins during April Diamond month at John Atencio. Featured in five select locations for six days each, the Trunk Show will kick off in Cherry Creek and Ft Collins on April 25-30th. Each boutique will host an evening event Black Diamonds and Bellini's to enhance the shopping experience.

Black Diamond Trunk Show Dates:
Cherry Creek Mall, Ft Collins Boutique: April 25-30; Park Meadows, Larimer Square Boutique: May 2-7; Boulder Pearl West: May 9-14 JohnAtencio.com

Beauty Balance Elegance



We are focused on you & delivering the superlative results you deserve. Experience the difference at McCracken Eye & Face Institute.

COSMETIC SURGERY

Upper Eyelid Surgery | Lower Eyelid Surgery (for lower lid "bags") | Brow lifts | Mid Face Lifts
Facelifts | Neck Liposuction | Neograft Hair Restoration

NON-SURGICAL TREATMENTS

Botox | Juvederm | Voluma | Laser Skin Resurfacing
Kybella | Vobella | Vollure | Restylane | Perlane

PRODUCTS

Skin Medica | Latisse

BRING THIS AD IN AND RECEIVE

\$150.00 off your scheduled cosmetic surgery Or 10% off any SkinMedica Product or Latisse



11960 Lioness Way - Suite 160
Parker, Colorado 80134

720.851.6600
www.mccrackenmd.com

Extraordinary Kitchens & Baths



We provide the best in creative kitchen and bath design solutions.
Whether you're remodeling or building new, our professionals can provide exactly what you're looking for.



VISIT OUR SHOWROOM AT:
5501 S. Broadway, Littleton
303-797-8663 | greenwoodcabinetry.net



The Element of **CREATIVITY**



Four Elements
Landscape & Outdoor Living

OUTDOOR LIVING | HARDSCAPES | WATER FEATURES
LIGHTING | LANDSCAPE DESIGN | CONSTRUCTION

303.346.0837
FOURELEMENTSLANDSCAPE.COM

TODD REED



RAW ELEGANCE



Pearl Street, Boulder, CO
toddreed.com



The League of Extraordinary Women



ARTICLE MEG SIMON | PHOTOGRAPHY JONATHAN PHILLIPS

The southern 'burbs of Denver are thriving and changing shape thanks to the contributions of innovative, entrepreneurial women like the ones you'll meet here. In addition to honoring the accomplishments of our 2017 Women to Watch, we leapt at the chance to learn *who inspires them, the best advice they ever received, favorite quotes, what they would tell their younger selves* and more.

CONTINUED >



Marilyn Manning

PAYROLL VAULT FRANCHISING, LLC

Marilyn is Executive Director of Marketing and Franchise Development for Payroll Vault Franchising, LLC, a payroll service she founded with her husband, Sean Manning. The company, designed to remove the hassle of payroll from business owners, now has multiple franchise locations across the U.S. A passionate volunteer, Marilyn is also the founder of REV Networking, a networking and marketing service designed to ease the stress of professional networking. The company has introduced "speed networking" to Denver, a strategy that merges the format of speed dating with networking to allow business professionals to quickly share ideas with one another.

BEST ADVICE YOU EVER RECEIVED?

My father was a dentist and I worked with him as a dental assistant through high school and college. He would regularly say, "Always be in a perpetual state of learning. Be open to new ways, try new things, and learn from everyone you meet."



Jeni Hampers

WINDOW WEAR

Jennifer Hampers has been in the window covering business since 1999, helping to beautify thousands of homes. She currently owns Window Wear in Centennial, which features an extensive showroom with a myriad of shutters, shades, blinds and textiles for bedding. Window Wear offers free in-home estimates, and the showroom is full of re-decorating inspiration. "I love helping customers find the perfect treatments and styles for their home. Your home is your sanctuary and a place where you're relaxed and at peace from the busyness of the outside world!"

ON WORK/ LIFE BALANCE:

I have a wonderful husband and six children. Work/life balance is essential! You only have one chance to raise your kids: teach them your values and show them love. Family and business are my two greatest loves. I like to think I've found balance in both.



Yvette Marquez-Sharpnack

BLOGGER AND AUTHOR, MUY BUENO COOKING

Yvette is a twice-published author who wrote "Muy Bueno: Three Generations of Authentic Mexican Flavor" with her mother and sister and co-wrote "Latin Twist: Traditional and Modern Cocktails" with Vianney of Sweet Life, an award-winning blogger from Texas. Yvette is also an active blogger and founded "Muy Bueno," a celebration of Mexican food and culture. Full of traditional Mexican recipes, many learned from her grandmother, along with original Latin-fusion recipes, "Muy Bueno" is packed with Mexican goodness. Yvette also produces cooking and lifestyle videos for her YouTube channel, [Youtube.com/muybuenocooking](https://www.youtube.com/muybuenocooking). Yvette hopes that through cooking she can pass on her family recipes and sense of cultural pride to her own children, as well as those she touches through her published cookbooks and blog.

ON WORK/ LIFE BALANCE:

I don't do it all. My house is not as clean as I wish it were, and there are piles of laundry calling my name. I don't exercise often or take as much "me time" as I probably should. I hear about others balancing it all, but for me, it's about juggling.



Wendy Skalerud

ORANGETHEORY COLORADO, INNGI FLOAT,
AND CAPITAL LENDING SOLUTIONS

Wendy is the Area Developer for Orangetheory Fitness in Colorado, with 22 operational studios and six more opening in 2017. Wendy personally owns and operates five of those studios, and she has two more opening soon. She also co-owns and operates Inngi Float, which offers a rejuvenating, healing float experience with its first Colorado location opening in June. In addition, Wendy and her husband have co-owned Capital Lending Solutions for the past 13 years, a company that provides consulting and financing for small businesses.

BEST ADVICE YOU EVER RECEIVED?

When I started to scale from 1 studio, to 3 studios, to 5, it was extremely hard to let go of my daily engagement inside the studios. A mentor of mine pointed out that it wasn't just me that made the studios run, or did things well.. that if I've led my team well and empowered and trusted them, then stepping away is an important part of the process. Allow people to grow!

WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Be graceful with yourself when you make mistakes. They will happen. And, by the way, hold tight and hang on. This is going to be an amazing ride!

CONTINUED >





Pamela Schenck-Kelly

PARK MEADOWS GM

Pamela is the General Manager of Park Meadows, Colorado's only retail resort. With its world-class architecture and over \$1M in commissioned art by Colorado artists, Park Meadows features some of the top retail stores in the country, including Tesla, Nespresso, Microsoft, Sundance, American Girl and Arhaus Furniture. A driving force behind the economic stability of the area, Park Meadows employs many and contributes to the arts along with numerous charities and youth programs. Pamela strives to impact lives and communities through the memories made and special times had at the resort. "Everyone typically has a special shopping memory of finding their favorite toy, a prom dress, even a wedding dress. How it looked on you, how it made you feel. My job brings people together to be a community."

WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Relax, enjoy, and be present to the moment. It is fleeting and oh so special.



Kristi Hoben and Tricia Shepard

FAMILY LAW

Kristi Hoben and Tricia Shepard, both family law attorneys, share office space in the beautiful Parker Station office building on Mainstreet in Parker. Kristi's practice is Hoben Law Firm LLC, while Tricia is the owner of Shepard Law, LLC. The two work closely together and share similar values, striving to assist families through some of the more stressful changes families go through including divorce, child custody, relocation, grandparent rights, adoptions, protection orders, child support and modifications to family plans. They both aim to bring professionalism and personal understanding to all of their clients and cases.

WHO INSPIRES TRICIA:

My blended family! I have one son and three step-sons. Each of our children have individual talents and traits that I admire. The drive that I see in them to become better

athletes, students and people inspires me to apply that same drive and passion in my career and family life.

KRISTI'S FAVORITE QUOTE:

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.*
- Robert Frost



Anne Barrington

BARRINGTON GROUP REAL ESTATE

Anne is the owner and Managing Broker for Barrington Group Real Estate in Parker. The company works to help clients buy and sell real estate in the South Denver area, specializing in the Parker market. The realtors at Barrington Group Real Estate strive to build life-long relationships with their clients by being the definition of reliable and trustworthy. "I truly care about people. Along with death, divorce, major illness, and job change/loss, moving is one of the top five most stressful situations individuals and families go through, and oftentimes people move at a time when they're also experiencing another major life stressor. I take on the stress for my clients so they can stay focused on the joy of a new home and just living the good life!"

FAVORITE QUOTE:

"No one can make you feel inferior without your consent."

- Eleanor Roosevelt



Kathy Letson

THE GLUTEN ESCAPE

Kathy Letson is the owner and founder of The Gluten Escape in Centennial. The company's motto, "Stay healthy, feel good, have choices," pretty much sums up what the bakery is about! A dedicated gluten free, dairy free, soy free, peanut free, and 90% egg free/vegan bakery, The Gluten Escape is also an artisanal bakery, which means every baked good is made by hand using their own personally mixed, gluten-free flour blend. "I love seeing kids come in who have lived with limited choices, and watching them realize there are so many options! I love to see them run to the cases with their eyes wide, see them jump up and down and wiggle with fun. It's great to see moms and dads having "dates" with their kids here!

WHAT MAKES YOU/YOUR BUSINESS UNIQUE?

My employee team here is exceptional! They are a hard-working group of "younger" people who believe that food is medicine and that it directly affects how your body functions. We opened five years ago, and my original employees are still here with their same dedication and passion.

CONTINUED >



Raemi Vermiglio

FREELANCE PHOTOGRAPHER

Raemi is a lifestyle and commercial freelance photographer based in Parker whose work has been published across the U.S. Raemi loves collaborating with the businesses and new clients she photographs. "I believe we all have the power to act on our dreams, no matter how big or how small. Having flexibility and earning money through my passion for photography was my dream. The flexibility to make my own schedule is important to me - I have two young kids at home and I get to do what I love at the same time!"

BEST ADVICE YOU EVER RECEIVED?

My parents used to tell me that I could do or be anything I wanted in life if I put my mind to it and didn't give up. That gave me the confidence to believe in myself when I went into business for myself. I tell my kids that same thing almost daily.

WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Slow down. Be present for what's right in front of you.



Erika Morrow, O.D., M.S.

VISION CARE SPECIALIST

Erika is an optometrist at Vision Care Specialists in both Parker and Highlands Ranch. With 14 years of optometric experience, Erika provides comprehensive eye care, including specialty contact lens fittings for patients with corneal diseases, treatment of ocular disease and vision correction with contact lenses, glasses and LASIK. "I jump out of bed every day with a smile on my face because I know I can improve the lives of others by providing exceptional eye care that ensures each patient sees their best. Everyday I'm on a mission to improve my patients' lives by providing more than just an eye exam and glasses or contacts."

WHO/ WHAT INSPIRES YOU?

I'm inspired by fitting specialty contact lenses for people who have had corneal transplants or corneal diseases and those who've suffered vision loss from an eye injury. It's inspiring when I fit a patient who hasn't seen well in many years with a contact lens that allows them to see better than they ever have.

FAVORITE QUOTE?

"Don't worry about failures, worry about the chances you miss when you don't even try." - Jack Canfield



Massage  GreenSM
SPA

Dream GREEN

Enjoy a One Hour Massage,
European Spa Facial,
& Infrared Therapy Session
for
\$99.95

Facial and massage sessions include 10 minutes for dressing, undressing and consultation. Infrared session is 40 minute session with 10 minutes for dressing/undressing and consultation.



9579 S University Blvd, Ste 270
Highlands Ranch, CO 80130
303.800.6830 | massagegreenspa.com

MOTHER'S DAY BRUNCH MENU



MOTHER'S DAY BRUNCH FOR 2 OR 20

ARTICLE REBECCA BLACKWELL

I've been hosting Mother's Day brunch on and off for years. Sometimes the group is small, other times quite large.

Regardless of how many we have in attendance, I don't want to be stuck in the kitchen all day. I want to pour myself a mimosa (or 3), eat delicious food and enjoy my guests. I'm a mother too, after all!

So.. what's the secret to getting to enjoy your own party?

1. Selecting a menu that lends itself to advanced preparation.
2. Select a menu that can be scaled up or down with ease.

PERFECT CHEESE OMELETS

INGREDIENTS, PER OMELET:

- 2 large eggs
- salt and white pepper
- 2 T salted butter
- 2 T garlic & herb or shallot & chive Boursin Cheese
- 2 t. chopped chives

INSTRUCTIONS:

1. Crack eggs into bowl, sprinkle with salt and white pepper. Whisk vigorously with a fork 1-2 minutes.
2. Melt 1 T butter in a small omelet pan over medium heat. When butter is foaming, pour eggs in.
3. Using a spatula, stir the eggs in the pan in small circles. When eggs are 80% firm, spread them around the pan, running the spatula around the edge to create smooth edges.
4. When eggs are set but still a bit runny on the top, remove from heat. Crumble cheese over 1/2 of omelet. Let sit 1 minute. Using spatula and fingers, start with the cheese-covered side and gently fold the omelet over itself to encase the cheese.
5. Add 1 t. butter to pan and place back on heat. Use spatula to gently turn the omelet around in pan, coating the bottom with butter. Cook 1-2 minutes and turn out onto a plate, letting the butter drizzle over top. Sprinkle with chopped chives and serve.



OVERNIGHT STICKY BUNS

*Makes 12 large sticky buns

INGREDIENTS

FOR THE DOUGH:

- 2 C whole milk at room temperature, 70-75 degrees
- ½ cup granulated sugar
- 3½ t. active dry yeast
- 1 large egg + 1 large yolk, slightly beaten
- 6 T butter, melted and cooled to room temperature
- 6 C unbleached, all-purpose flour
- 2 t. salt

FOR THE CARAMEL GLAZE:

- ½ cup sugar
- ½ cup firmly packed dark brown sugar
- 1 t. salt
- ½ lb salted butter
- ½ cup corn syrup
- 2 t. pure vanilla extract

½ cup chopped roasted almonds or other nut

FOR THE CINNAMON SUGAR FILLING:

- 7 T salted butter, melted and cooled to room temperature
- ½ cup sugar
- 3 t. ground cinnamon

INSTRUCTIONS:

MAKE THE DOUGH:

1. Pour milk into the bowl of a standing mixer. Add sugar and yeast. Stir, let sit for 5 minutes. Whisk in egg, yolk and melted butter.
2. Fit a standing mixer with the dough hook. Add 5 C all-purpose flour. Mix on low until dough begins to come together.
3. Continue kneading, adding additional flour so that dough becomes a soft, slightly sticky ball. Depending on humidity, this may take some or all the remaining cup of flour. You want a soft, smooth ball of dough that clings to the dough hook -- a bit sticky, but not as wet as cookie dough.
4. Once dough has come together, sprinkle in salt. Continue to knead in the mixer 8-10 minutes till dough is soft and smooth.
5. Spray a large bowl with non-stick cooking spray. Dump the dough into the bowl. Spray a piece of plastic wrap with non-stick spray, cover the bowl. Let dough rise at room temperature 1-2 hours, until it's doubled in size.

MAKE THE CARAMEL GLAZE:

1. Add both sugars, salt and butter to the bowl of a standing mixer fitted with paddle attachment. Beat 2 minutes on high, stopping to scrape the sides of the bowl.
2. Add corn syrup and vanilla. Beat 5 minutes, stopping to scrape the sides of the bowl, until light and fluffy.

FILL, ASSEMBLE AND BAKE STICKY BUNS:

1. Spread caramel glaze evenly on the bottom of a 13x9-inch baking dish. Sprinkle with almonds.
2. Mix ½ cup sugar and cinnamon in a small bowl. Set aside.
3. Gently turn out the dough onto a lightly floured surface. Roll into a 18"W x 12"L rectangle. Spread all but 1 T of the melted butter evenly over surface of dough with a pastry brush or spoon. Sprinkle cinnamon sugar evenly over butter.
4. Roll dough into a long, cigar-shaped roll. With seam side down, cut into 12 even pieces and place on top of caramel glaze in baking dish, spacing evenly. Brush tops of buns with remaining butter. Cover with plastic wrap and refrigerate overnight. (If you'd like to keep going and bake sticky buns the same day, let them rise in covered baking dish at room temperature for 1 hour until doubled in size, then bake.)
5. The next morning, remove pan from refrigerator. Let sticky buns sit at room temperature for 1 hour. Preheat oven to 350.
6. Remove plastic wrap. Bake buns for 45-50 minutes. Check rolls after 35 minutes; cover loosely with aluminum foil if they're getting too brown. To test if buns are done in the center, pull pan from oven. Use a butter knife to gently separate buns in the center of the pan. If they look doughy, bake for a bit longer.
7. Remove pan from oven and let cool on a wire rack for 5 minutes before transferring rolls onto another pan. Cool for 20 minutes and serve.





WILLIAM OHS
Showrooms

CLASSIC CUSTOM KITCHENS, HANDCRAFTED IN DENVER SINCE 1972

115 Madison Street • Denver, 80206 • 303.321.3232 • WmOhs.com



“I am committed to helping build homes for families in need both locally and abroad. For every home I sell, I help build a home for a family in need.”

JESSICA NORTHROP

Top 1% Denver Area Real Estate Broker

303-525-0200

jessica@jessicanorthrop.com

Artfully uniting extraordinary properties with extraordinary lives



CHANGING THE WORLD
ONE HOME AT A TIME



GIVEBACKHOMES

Give without remembering and receive without forgetting.
#Forsocialgood

WWW.GIVEBACKHOMES.COM



SUMMER FEST 2017



FAB'RIK DENVER SHOWCASES PRIVATE COLLECTION AT DENVER FASHION WEEK

**ARTICLE ROBIN BOND
PHOTOGRAPHY GALINA KHRESTSOV**

If you're someone who thinks Coachella is for kids or that bohemian-inspired festival wear won't suit your grown-up lifestyle, take another look. Lifestyle Pubs recently caught up with Leslie Clay, owner of fab'rik Denver, who premiered the boutique's new private collection at Denver Fashion Week 2017.

CONTINUED >

CASTLE PINES JEWELERS

— Established 1982 by Jeffrey Rein —



"Rope Collection"
by Jeffrey Rein



The Village at Castle Pines
880 Happy Canyon Road Suite 120 • Castle Rock, Colorado 80108
Phone: 303.688.8384/888.504.5256/Fax: 303.660.8718



Let envirosapes create your ideal outdoor living environment that is personalized to both your family and your home.

envirosapes

Landscape Solutions

Call 303.791.9092 / www.enviro-scapes.com / 

Licensed and Fully Insured • Colorado Better Business Bureau Accredited Business
Warranty on Labor and Materials • References Provided



LESLIE'S MUST-HAVES FOR SUMMER STYLE

- Espadrilles
- Printed Palazzo Pants
- Summer Booties
- Overalls
- Two Piece Sets
- Ultra Light-wash Denim
- Bell Sleeve Off the shoulder tops

The Spring-Summer line, called Asher by fab'rik and made in the USA, is full of easy-breezy florals and prints, the sweetest overalls and goddess-like head pieces that evoke the Summer of Love. "We partnered with our local jewelry vendor Amanda Harper of Harper Made Jewelry," said Clay. "She custom-made head pieces and wrist chains for the show."

Unlike the offerings at many runway fashion shows, these styles are extremely "gettable." Not only is fab'rik Denver located just up the road at Aspen Grove (no need to head north for inspired wardrobe additions!), all of fab'rik's pieces are under \$100. And the best part? fab'rik is all about giving back.

"For our new line, we've partnered with an organization called Project82 in Kenya," says Leslie. For every Asher by fab'rik piece purchased, a

portion of the proceeds go back to Project82 to provide for children left ill and abandoned in Kenya. "We've adopted a child named James. He's adorable - please take a look at our Facebook [Facebook.com/FabrikDenver](https://www.facebook.com/FabrikDenver) or Instagram for his photo. He's adorable!

CREDITS

Shot at EXDO Event Center | [ExdoEvents.com](https://www.ExdoEvents.com) | @EXDOEvents
Clothing | fab'rik Denver | [FabrikStyle.com](https://www.FabrikStyle.com) | @fabrikdenver
Stylist | Parrish Skinner
Jewelry | Harper Made
Photography | Gina (Galina) Khrestsov | Galerisa Photography



Every first Monday of the month is our Injectable day! Enjoy 10% off all day on your Juvederm and Restylane! Get 4 or more syringes and receive 20% off the total!

- Body Contouring with Juvashape,
- Skin Resurfacing with Co2, & RF needling
- Dermapen & PRP
- Professional Skincare
- MedSpa Facials & Corrective Peels
- Botox, Xeomin, Restylane, Juvederm, Radiesse, Sculptra & more

*Celebrating Our
10 Year Anniversary*



Clear Sky Medical™
Wellgevity & Aesthetics

**Call today to schedule your appointment.
303.790.7860**

Panorama Falls Building
9085 E. Mineral Circle, Suite 260
Centennial, CO 80112

www.clearskymedical.com

Katia Meier, MD has been an expert injector and laser skin rejuvenation specialist since 2005. Her unique blend of knowledge, artistic talent and skills make her the go to person for results that look natural yet effective. Clear Sky Medical, now celebrating its 10th year of successful medical aesthetics and anti-aging medicine, has a variety of modalities to offer to rejuvenate your face and also improve your wellbeing, health and energy through Bio-identical Hormone therapy, medical weight loss and other advanced anti-aging therapies!

VISIT US
online!

Lifestyle | publications™

WHAT'S ON OUR WEBSITE?
Past Issues • Current Articles
Business Directory • Contest Registration

Highlands Ranch
L I F E S T Y L E

VISIT US AT
HighlandsRanchLifestylePubs.com

SPRING
HAS ARRIVED!

ORIGINALHARDWARE.COM

VISIT US AT:
2336 W. MAIN ST. HISTORIC DOWNTOWN LITTLETON
(720) 476-7951

May

MAY 5

FIRST FRIDAYS IN DOWNTOWN LITTLETON
[DOWNTOWN LITTLETON](#)

Merchants in Historic Downtown Littleton will host the First Friday Art Walk and History Tours from 5 to 9 p.m. on the first Friday of every month from May through August. Merchants will stay open late, providing music, food, beverages and art demonstrations. Come enjoy the art galleries, independent retail, restaurants and shops that make up Historic Downtown Littleton.

MAY 5

TASTE OF HIGHLANDS RANCH
[EASTRIDGE RECREATION CENTER](#)

The Taste, a community favorite, features all you care to enjoy of wine, beer, and spirits provided by Davidsons Liquors. Sumptuous cuisine from over 30 area restaurants, the ever popular outdoor beer garden is back once again with additional seating and music! [HRCAOnline.org](#)

MAY 7

FARMERS' AND STREET MARKET
[TOWN CENTER SOUTH](#)

The Highlands Ranch Farmers' and Street Market has become one of the area's finest. HRCA will be partnering with Denver Farmers' Market to bring these exceptional markets to Highlands Ranch residents. The Farmers' Market season starts with a plethora of sauces, pastas, flowers, breads, and more. Every Saturday in May! [HRCAOnline.org](#)



MAY 13

MOTHER'S DAY 5K RUN
[MOUNTAIN VISTA HIGH SCHOOL](#)

Grab your friends, family, running/walking shoes for this Mother's Day fun run. [HRCAOnline.org](#)

MAY 26

CULTURE ON THE GREEN
[CIVIC GREEN PARK](#)

Join us for this free series featuring some of Colorado's best performers and fellow SCFD funded non-profits. Pack a picnic and enjoy live performances in the heart of Highlands Ranch at Civic Green Park. All concerts are free and open to the public. Sorry, no dogs or glass containers allowed in Civic Green Park. [HRCAOnline.org](#)



MAY 27 - SEPTEMBER 2

FREE YOGA IN THE PARK
[CIVIC GREEN PARK](#)

Join us for the 9th Annual Free Yoga in the Park, every Saturday! – No experience required– best part, it's all FREE! No donations, no requests, no solicitations. We believe yoga is a sacred practice to feed our body/mind and spirit. It's a time to honor an inward journey without the chaos and interruptions of daily living. [NamasteWorksYoga.com](#)

JUNE 8

SUMMER CONCERT SERIES
[HIGHLAND HERITAGE REGIONAL PARK](#)

Join us as we kick off another great Summer Concert Series. We now have food trucks at all the concerts, so come hungry, buy, and enjoy dinner while listening to great music. Please leave your dogs at home for this event. Admission to this series is free! [HRCAOnline.org](#)

AVI | COLORADO'S VEIN SPECIALIST™

**IT'S YOUR HEALTH AND YOUR CHOICE,
CHOOSE THE VERY BEST.**

A highly respected Cardiovascular Surgeon, Dr. Albert has unparalleled expertise in the treatment of venous disease, earning AVI the title of Colorado's Vein Specialist.

Please call today for your complimentary* consultation with Dr. Albert.



**TRUST
COLORADO'S
ONLY IAC
ACCREDITED
VEIN CENTER**

*Additional information available for Medicare and Tricare patients.

888.550.VEIN
ALBERTVEIN.COM



PROVIDING VARICOSE AND SPIDER VEIN CARE

9400 STATION STREET, #200, LONE TREE (DENVER)
10807 NEW ALLEGIANCE DRIVE, #450, COLORADO SPRINGS



*Spoil Your Mom
This Mother's Day*

- ❖ Vitamin Injections
- ❖ Laser Hair Removal
- ❖ Kybella*
- ❖ Botox* & Xeomin*
- ❖ Juvederm*
- ❖ Lash Extensions
- ❖ jane iredale (The Skin Care Makeup)
- ❖ Radiesse*
- ❖ IPL Photo Facials
- ❖ Laser Acne Treatment
- ❖ Dermaplane
- ❖ Massages & Facials
- ❖ Microneedling
- ❖ Micro Resurfacing
- ❖ Chemical Peels

Now offering treatment payment plans.

Call 303-647-4282 to celebrate your MOM in May!



Kalologie.com
9557 S University Blvd, Highlands Ranch

Medical Director Stephen A. Goldstein, M.D.



KNOW JUST ONE THING (OR FIVE)

IN HONOR OF MOTHER'S DAY, HAPPY STEPMOM BOBBI HILLARD SHARES LESSONS LEARNED ALONG THE WAY

ARTICLE BOBBI HILLARD

PHOTOGRAPHY BRYN MARAE PHOTOGRAPHY

Being a stepmom has its challenges – especially with no prior parenting experience - but I've learned that a positive attitude and a generous dose of humor are key to thriving. Maybe I'm one of the lucky ones, but I love being a stepmom to my two awesome bonus kiddos. To honor all the stepmoms this Mother's Day, here are a few truths and tips I've gained along the way.



3

3. GIVE YOURSELF A BREAK.

Just like the biological parents, we received no instruction manuals. We do the best we can. Don't expect perfection, and you'll avoid many a self-imposed guilt trip.

1

1. PAINT YOUR OWN CANVAS.

YOU get to decide what your stepmom role looks like, and it can change over time. Don't get hung up on outside expectations. Being a stepmom can be awesome; it's a special relationship unlike any other.



4

4. STAY POSITIVE.

Avoid the websites, blogs, social media - and even other stepmoms - that are snarky or negative. Create a habit of finding solutions instead of complaining.



2. YOUR HOUSE WILL BE A MESS.

And some things will get ruined or broken. Focus on what matters: family and relationships over things.

2

5. IT'S WORTH IT!

When you focus on the positive, you'll find so many blessings along the way! From the first time your stepkids snuggle up to you while watching TV, to hearing "I love you" as you tuck them into bed... From the first drawings with you in their family picture, to parental pride in watching their successes... You're doing a great job, and you're a part of something bigger than yourself!

5

Bobbi Hillard runs the StepMom Solutions facebook page [Facebook.com/StepMomSolutions/](https://www.facebook.com/StepMomSolutions/) to provide positive-focused support to a wide audience of stepmoms, and coordinates a similar monthly meeting for local stepmoms.



VISPRING

Luxury Beds - London 1901



LONDON - NEW-YORK - PARIS - MILAN - BERLIN - MOSCOW - BEIJING - HONG KONG

**urban
mattress**

745 S Colorado Blvd.
Denver, CO 80246
303.953.2992

8283 S Akron St. Ste. 110
Centennial, CO 80112
303.790.6073

For more information: 1.866.611.1199 or info@vispring.com

www.vispring.com

Schomp BMW
Authorized
Center

SchompBMW.com



The Ultimate
Driving Machine



WHICH WOULD YOU PICK?



When it comes to luxury SUVs, BMW's presence and versatility is unmatched. From all-road stability and traction to interior comfort, exclusivity and more, the X3 and X5 present their own take on the ultimate Colorado lifestyle.

Which would you choose? Visit us at schompbmw.com today to explore.



Schomp BMW • 1190 Plum Valley Lane, Highlands Ranch, CO 80129 • 303.730.1300 • schompbmw.com

© 2017 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks.