



Search Parker Magazine - February 2011

amazon.com
Father's Day Deals
Shop now
Privacy

Ads by Google

Local Coupons

1 ridiculously huge coupon a day. Get 50-90% off your city's best!
www.Groupon.com

ADVERTISING

ARTICLE GUIDELINES

[F.A.O.](#)

[ABOUT US](#)

[Parker, CO](#)

[Get the 10 day forecast](#)



48°F

Partly Cloudy

Feels Like: 43°F
Humidity: 44%
Wind: S at 11 mph

Enter city/zip



[Airport Delays](#)
[Sporting Events](#)
[Pollen Reports](#)

[5 Car Repairs You Don't Need](#)

Search Parker Minis

By Search Parker Magazine

Tips for Healthy Eating While Traveling

By: Darci Steiner

Calories count when you're on vacation or traveling for business. Enjoy the occasional splurge, but remember your body doesn't take a vacation from storing those extra calories.

Eat before you travel and don't rely on grabbing something quick at the airport. Quick usually means processed and high in sugar, fat and salt.

Remember other options besides restaurant dining. A whole wheat turkey sandwich from the grocery store, preferably a health food store, is a great healthy and economical choice.

Beverage calories add up quickly so watch what you drink. Order water with dinner and enjoy your entrée. Do you really need a smoothie too?

Order sauces and dressings on the side and ask for steamed veggies or applesauce in place of fries.

Order a la carte sometimes. You may not always need a full entrée.



Search

Google nutrition information for the restaurant you are considering for dinner. Make a mindful menu choice before you even arrive.

Bring healthy portable snacks from home such as granola, dried fruits, nuts and seeds.

For travel friendly Honey Maple Granola recipe visit www.attainablenutrition.com

Mission: Organized Travel

By: Christa Johanson

www.PeaceTogetherSpaces.com

The U.S. Travel Association shows us 76% of our leisure travel is achieved in our vehicles. Here are a few tips to organize your vehicle for a safer, less stressful trip.

1. Know your route and share it with friends and family. Also share any alternate routes you may take.

2. Be prepared for emergencies by having an emergency kit in your vehicle at all times. Include items such as:

A first aid kit

Spare tire

Flares

Mini tool kit

3. Plan fun stops that your family will enjoy together.

Parks

Educational rest stops

State sites close to highway

4. Plan activities that may be done in your vehicle during the drive.

Coloring activities

Books and a book light

Games

Movies

5. Have food within reach! Each person may be supplied with his or her own lunchbox. Include:

Water bottle

Snacks

Easy meals

Gem Advisor

The seductive, violet amethyst has for millenniums thought to have significant powers.

Moses described it as a symbol of the Spirit of God and used it in the ecclesiastical robes of the High Priest. The Russian Empress Catherine the Great sent thousands of miners to dig in the Ural Mountains seeking it. The Greeks thought it offered protection against drunkenness. Other cultures thought it would protect crops from tempest storms and ravaging locusts and that it would bring good fortune in war and in the hunt, drive out evil spirits and inspire intellect.

Others thought it would protect against snakebite if worn around the neck on a cord made from dog's hair. Some ancients reported that eagles would put an amethyst in their nest to protect their young from danger, though no one reported how the eagle would manage to mine an amethyst.

But wait, there's more! "Gemstone therapists" say that the amethyst has a sobering and cleansing effect and that it has been said to suppress stomach acid, combat insect bits, and beautify the skin. Some say it puts the wearer in a "chaste frame of mind" and thus became an ornament of the Catholic clergy found in prelates' crosses and in the Papal Ring (Italian, 15th century) in the Jewelry Museum in Pforzheim.

Wow! What a stone! If everyone wore an amethyst what a wonderful world this would be!

Scott McQueen is the owner of Pinetree Jewelers, Parker's oldest jewelry store, established in 1976. It is located at 11028 S. Pikes Peak Dr. in Parker. For more information on gemstones or jewelry of any kind call 303-841-2666.