

# SEARCH PARKER Magazine

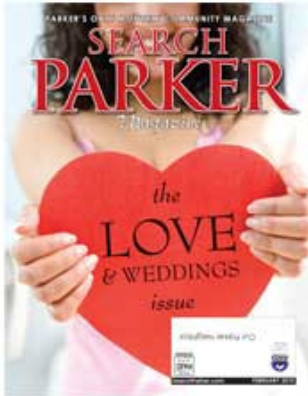
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Search Parker Magazine - February 2010

## Search Parker Minis

By Search Parker Magazine

### Love Your Heart

What does love motivate you to do? Work to support your family, or stay up late to help a friend? What does love motivate you to do for yourself? Let me encourage you this month to love your heart – it needs you. It may be time to have a serious look at those cholesterol or blood pressure numbers to see if they could use some attention. Make your heart your true love by caring for it the way no one else can with these red heart-healthy fruits and veggies: apples, red grapes, red pears, watermelon, strawberries, red onion, and tomatoes. Red fruits and veggies contain nutrients such as lycopene, ellagic acid, quercetin and hesperidin. These nutrients help lower blood pressure, reduce LDL cholesterol, scavenge free-radicals, reduce the risk of prostate cancer and relieve arthritis pain. Go Red!

For more information contact Darci Steiner, MS nutritionist and owner of Attainable Nutrition in Parker at 303.618.7899, or visit [www.attainablenutrition.com](http://www.attainablenutrition.com) to subscribe to free newsletter.

### Valentine's Day

#### Parents' Night Out At The Parker Fieldhouse

Leave your little ones with our talented staff and enjoy a Valentine's Date, kid-free! We will have plenty of games and activities, crafts, movies, climbing and skating to keep your kids busy. Concessions will be available to purchase. Participants should wear tennis shoes and bring a water bottle, snacks, and/or money for vending and concessions. Please bring your own skates if you plan on skating.

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Wind: SSE at 11 mph

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