



Search Parker Magazine - March 2011

Search Parker Minis

By *Search Parker Magazine*

Health Improvement

By: Darci Steiner

If you've ever wondered what the difference is between Greek yogurt and common yogurt, wonder no longer! Greek yogurt is strained of whey and water three times versus twice for other yogurts, giving Greek yogurt a thicker creamier texture similar to sour cream.

Not only is Greek yogurt creamier, it also contains twice the amount of protein, 50% less sodium and less carbohydrates than regular yogurts. Look for nonfat options, as full fat yogurts contain many fat grams per serving.

Expect to spend more on Greek yogurt, but also understand you are getting more nutritional bang for your buck. You will stay full for longer than if you consume a watery brand of yogurt. Diabetics can also benefit from the lower carbohydrate count and higher protein content as protein helps to stabilize blood sugar levels.

Breakfast Idea: 1 serving of Greek yogurt, mixed berries, and a handful of nuts on the side.

For more information contact Darci Steiner at 303.618.7899, or visit www.attainablenutrition.com

Gem Advisor: Aquamarine

Who wouldn't want a gemstone whose various color nuances have such melodious names such as Santa Maria (from the Itabira mine in Brazil), Santa Maria Africana (from mines in Mozambique), Espirito Santo

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(from the state in Brazil with the same name), and Martha Rocha named after the Brazilian beauty queen of 1954?

Who wouldn't want a gemstone that is said to arouse feelings of friendship, harmony, and trust? Who wouldn't want a gemstone that, according to traditions, promises marital happiness to the woman who wears it? And who wouldn't want a gemstone that captures the lucid blue of the oceans and stirs visions of mermaids, treasure chests, and ancient sailing vessels? Who wouldn't want a gemstone named literally water-sea - from the Latin aqua = water and mare = sea?

But aquamarine is much more than a name. It is one of our most popular and best-known gemstones - almost as popular as the ageless ruby, emerald, and sapphire. An outstanding feature of the aquamarine is that it is almost entirely free of inclusions, those solid, liquid, or gaseous foreign bodies enclosed in a mineral or rock. It also has a good hardness that makes it durable and protects it from scratches.

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.

SAVE THE DATE!

May 1, 2011

Mark your calendar for the Parker Task Force 4th annual 501 Poker Run fundraiser.

A wonderful way to spend a spring day riding with exciting chances to win prizes and bid on awesome auction items all while you're enjoying great food, friends and live entertainment by Revolution. This annual event is once again sponsored by Mile High Harley Davidson and Buffalo Boyd's Saloon and Restaurant of Parker.

All modes of transportation are included in this invitation. Please come join us - whatever you're riding. Perfect for club events, so all you enthusiasts out there with motorcycles, corvettes, antique, classic or exotic cars, motor on over for 9 am registration and breakfast snacks at Mile High Harley Davidson in Parker.

While you're having all this fun, you will be supporting the Parker Task Force for Human Services. PTF is an all volunteer homeless prevention agency/food bank that has been servicing families in crisis since 1987.

www.parkertaskforce.org

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