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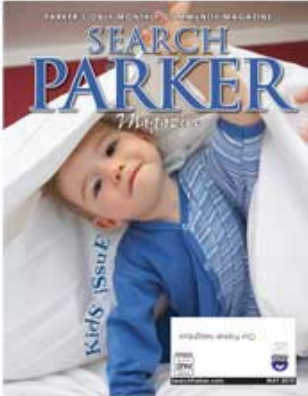
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Town Council along with The Parker Cultural & Scientific Commission and Art in Public Places Committee are excited to announce the unveiling of the Dr. Heath Sculpture on May 25th, 2010 at 2p.m. at the northeast corner of Mainstreet and Pike's Peak Place. Join us in the celebration of Parker's First Physician, Dr. Walter Heath who was born in 1867 and died in 1912.

In addition to serving patients in Parker, Dr. Heath was known for making "patient house calls" via carriage & then early automobile in Kiowa, Hilltop, Elizabeth, Larkspur & Castle Rock. He also served as Douglas County Superintendent of Schools, and with the Parker family, was a financial donor of the Methodist Church (Ruth Chapel) on Mainstreet.

The sculpture is a creation of local artist, Don Budy.

Child/Teen

Athlete Nutritional Game Plan

Teen and pre-teen athletes often spend numerous hours training their bodies physically. Most of them, however, know very little about how to fuel their bodies effectively to maximize this training for peak performance. Here are some nutrition tips for your child athlete:

Sharp Mind – Nutrients that the brain craves are often found in healthy fats (fatty acids) such as olive oil, fish, nuts, seeds, and avocado. Avoid high fat foods within 5 hours of a sporting event because it will slow the digestion of other foods keeping food in the stomach during competition.



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Strong Muscles – Protein helps repair muscle and provides longer lasting fuel during a sporting event. Protein is stored in the muscle and liver and used upon depletion of glycogen and fat stores.

Balanced Blood Sugar – Carbohydrates provide an immediate source of fuel by filling glycogen stores with energy. Choose whole grains such as brown rice, oatmeal, whole wheat bread and starchy vegetables over simple carbs such as white breads and flours, white rice, fruit drinks, soda and cookies. Whole grains help stabilize blood sugar levels.

Lasting Endurance - Water is often pushed aside in favor of the more flavorful sports drinks, but is still the top priority for athletic endurance. Drink 1-2 cups of water prior to exercise and, ½ to 1 cup of cold water every 20-30 minutes throughout exercise. Strenuous exercise lasting more than 90 minutes, or in really hot weather, requires an electrolyte replacement drink.

For more teen athlete tips and free newsletter visit www.attaiblenutrition.com, or contact nutritionist Darci Steiner, MS at 303.618.7899

FUN (AND FREE) THINGS TO DO WITH YOUR LITTLE ONES!

Denver Art Museum

www.denverartmuseum.org

May 1 - June 5 - July 3 - August 7

Denver Botanic Gardens

www.botanicgardens.org

July 22 & August 25

Denver Botanic Gardens at Chatfield

www.botanicgardens.org

May 7 - June 4 - August 6

Denver Museum of Nature and Science

www.dmns.org

August 8 & August 30

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