NEW YEAR’S Resolutions

The Best Greeley Gyms Reviewed

PLUS
WELD COUNTY’S NEEDLE EXCHANGE CONTROVERSY
Mind Your Body AND Your Mind
FEELING THE EFFECTS OF “RECREATIONAL DRUGS”
So what makes a great smile? A smile is often the first thing people notice. And while you may think you know a great smile when you see it, did you know that a number of factors go into making it a perfect smile?*

*Information was taken from Ormco, Damon Smiles.

Broad Smile
Facial Symmetry
Minimal Gingival Display

- State-of-the-Art Dental Facility with Brand New Equipment and Technology
- Locally Owned and Operated
- Gentle, Comprehensive Care including Dental Cleanings, Fillings, Crowns, Root Canals, Dental Implants, and Dentures
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- Same-Day Restoration Procedures*
- 5-Year Guarantee on Crowns**
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- In-Network with Several Insurances and Complimentary Benefit Checks

$49 WELCOME EXAM
Includes Complete Exam & X-Rays
New Patients without insurance. Dental hygiene cleaning not included. Must present coupon at time of service. Includes comprehensive dental exam and baseline x-rays. Expires 1/31/2023. $135 Value.

At Richtor Orthodontics we want your smile to transform from good to great!

So what makes a great smile? A smile is often the first thing people notice. And while you may think you know a great smile when you see it, did you know that a number of factors go into making it a perfect smile?*

Broad Smile
- Full Smiles Display more teeth and have minimal darkspace at the corners.

Facial Symmetry
- The teeth should evenly fill in the entire area of the smile but shouldn’t overwhelm your face.

Minimal Gingival Display
- An ideal smile shows minimal gingiva (“gums”).

Upright Teeth
- Teeth should not tip inwards or flare outward.
- The teeth should sit perfectly upright within the mouth.

Front & Back Occlusion
- A great smile takes into account how all your teeth fit together for a perfect bite.

Smile Arc
- When smiling, the bottom of the upper teeth should follow a curve that mirrors the curve of the bottom lip.
Looking for The Perfect Gift for the New Year - How About a Fitness Membership?
Right NOW we are Offering a Special Rate of $28 Per Month, Per Person
• No contract • No rate guarantee fee • No enrollment fee • New members only

Work Out West, Greeley’s leading fitness and tennis center, offers a full service gym experience, including group fitness, personal training, free weights, tennis, tanning, and more. They also feature cardio equipment, indoor pools, saunas, steam rooms, and more classes than any other club in Greeley. Everyone has the opportunity to find the exercise program that is right for them.

Cover Models: Beth & Gary show off what they’ve accomplished by keeping their yearly resolution to keep working out and staying healthy.

Must Haves of the Month! 7
Vote for Best Photo 8
Upcoming ‘Best of’ Categories 10
December’s ‘Best of’ Winners 11
Top Things To Do in January 14
Monthly Calendar 20-21
Stu’s Reviews: 32
• GMS Sierra 1500 4WD
• SLT Crew Cab Review
Professional Services 34
Directory 34
December’s Photo Winner 34
Detailed Events Calendar 34
Crossword 35
Advertisers Index 36

Creating New Year’s Resolutions That Work 9
Question Your Sanity 17
James Lobato Sounds Off!
Weld County’s Needle Exchange Controversy 24
The Greeley Rotary Update 25
It’s Happening… Again! Yeah, 2018, I’m Probably Not Gonna...

Tips for Choosing a House Cleaning Service 16
Greeley’s Best Gyms Reviewed 18
Feeling The Effects Of “Recreational Drugs” 22
You Don’t Have To Be In Pain 23
Mind Your Body AND Your Mind 26
10 Tips To Keep Your Car Healthy In 2018 28
February is National Children’s Dental Health Month 30

March is American Red Cross Month

www.TheBestofGreeley.com January 2018 The Best of Greeley & Weld County 5

970.330.9691 | 5701 W 20th Street, Greeley | WorkOutWest.com

*Offer good through February 28, 2018. Present this offer in membership office at Work Out West.
Getting Healthy the Juicing Way.
We all know juicers can be expensive. Here’s a great alternative, this manual juicer by Norpro. It does everything an electric juicer does but is done manually instead. Just think of this as part of your workout routine. $34.99 each. Exclusively at Miss Mary’s Kitchen, 822 8th St., Downtown Greeley, Inside Lincoln Park Emporium. 970.351.6222

Getting in Shape Isn’t Easy, But This Helps!
Emerge is a powerful fat loss and body composition slenderizing system specifically formulated to inhibit appetite, promote the release of fat stored from fat cells and accelerate the burning of fat for fuel. Emerge comes in 13 delicious flavors. $64.99 a tub. Available only at Max Muscle Greeley, 4629 Centerplace Drive, #119, Greeley. 970.339.3168
Creating New Year’s Resolutions That Work

by Kerrie Flanagan

Creating New Year’s resolutions is not a new practice. It is said the ancient Babylonians were the first to do this 4,000 years ago, with a 12-day religious festival. They promised their gods they would pay for debts and return borrowed objects. If they kept their word, the gods bestowed favor on them for the coming year. If not, they would fall out of favor.

Today, the practice of creating New Year’s resolutions isn’t associated with any religion. They are still connected with promises, but those are made to ourselves. It’s interesting this tradition continues because only about 8 percent of those who set resolutions actually achieve them. The problem isn’t the act of creating them, it’s because we have a tendency to make them too broad and then don’t have tools in place to help us succeed.

In an article from Time magazine from December 2014, the author spells out six steps to help make your resolutions stick.

1. Start now: We tend to commit more to goals after a major benchmark like the start of a new year. If you missed January 1st, start on the next Monday.

2. Make a plan: Create a road map for you to achieve your goal. Don’t have a backup plan: If you know there is a “Plan B” then you might not work as hard to finish the first goal, because there is something else to fall back on.

3. Conserve your willpower: Your willpower is not an infinite commodity. Think of it as a natural resource. If you tap into it frequently without letting it rest, it will run out. If you put all your energy into saying no to the cookies, then you have less to resist other temptations.

4. Raise the stakes: We all need a little incentive, so why not add some money to your resolution? You will have more vested in your goal, making a bigger impact if you don’t follow through. You can get a family member or friend to help you with this or try this website, stickK.com.

5. Chop it up: One big goal can feel overwhelming. But if you break into bite-size parts, it will be more manageable. So if your big goal is to organize your house, then make smaller, monthly goals in order to accomplish the big one. So, for January you can focus on the guest room, February your bedroom, March the kitchen. By doing this you are more likely to be successful.

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With a little extra forethought and these tools, 2017 could be the year you find success with your New Year’s resolutions.

Kerrie Flanagan is an accomplished freelance writer, a writing consultant and the author of five books under her label, Hot Chocolate Press.

For a child in foster care, life can be scary and uncertain.

You can help them during this difficult time.

Become a CASA Volunteer.

Next Training Starts February 1.

call: 970.335.3782
www.Lifetakers.org/CASA
CAST YOUR BALLOTS

Mark “your” calendars... this is when (and how) to vote in upcoming The Best of Greeley & Weld County Magazine’s “Best of” monthly competitions.

Upcoming “Best of Greeley & Weld County” Categories

January 2018
1. Best Fitness Facility
2. Best Dentist
3. Best Sporting Good Store

February 2018
1. Best Coffee Shop
2. Best Auto Body Repair Shop
3. Best Caterer

March 2018
Email us and let us know what categories you’d like to see for Mar at: MarCategory@TheBestofGreeley.com

Nominate and Vote for
“The Best of Greeley & Weld County”

Every month you’ll have an opportunity to express your opinion for what YOU think “The Best of Greeley & Weld County” is. Categories can be anything you can think of. But it must be a local business in Weld to be considered. The winner will be chosen by you. One vote per email address please.

To nominate and vote, go to: Nominate@TheBestofGreeley.com

Monthly winners will get their pictures in The Best of Greeley & Weld County Magazine, and a plaque to display.

December 2017 “The Best of Greeley” Winners

The Best Restaurant - Dec 2017
Kenny’s Steak House

The Best Bank - Dec 2017
Great Western Bank

The Best Real Estate Company - Dec 2017
Rouse Realty

Need a House? Call Rouse!

Rouse Realty

3334 Apple Blossom Way Evans $205,000

BRAND NEW HOME! 2 story, 4 bed, 3 bath, 2 car garage. Split floor plan. SS appliances, 9' ceilings. Large covered patio. Beautiful laminate flooring and upgraded painting throughout. Large master suite, bath, and walk in closet. Open floor plan makes this house great for entertaining.

4011 Central St. Evans $249,900

BRAND NEW HOME! 2 story, 4 bed, 3 bath, 2 car garage. Stainless steel appliances & SS sink in kitchen. Large master suite with 5 piece bath & WIC. Open entry leads to great room & kitchen. Large backyard. Large 2 car garage for all your needs.

2016 28th Ave. Greeley $326,000

Beautiful Ranch home on a large, corner lot! 2 bed, 2 bath, A/C, tankless water heater, 92% energy efficient furnace & large covered patio in the back yard. Front & back landscaping included! Call Rouse!

1412 26th Ave. Greeley $425,900

Beautiful New Construction ranch home! There are a lot of great choices! SS & quartz countertops. Home comes w/ furnace, water heater, A/C, and many other upgrades. Use the builder’s preferred lender & receive $2000 towards closing costs! Call Rouse!

1632 E. 16th St. Greeley $279,900

BRAND NEW HOME! 2 story, 4 bed, 3 bath, 2 car garage! The basement is nearly finished & features 2 beds, 1 bath, office/study w/ closet & large living room! Call Scott!

4202 Florence Ave. Evans $360,000

Beautiful New Construction ranch home! There are a lot of great choices! SS & quartz countertops. Home comes w/ furnace, water heater, A/C, and many other upgrades. Use the builder’s preferred lender & receive $2000 towards closing costs! Call Rouse!

5615 29th St. Rd. Greeley $344,900

Beautiful ranch home in West Y-Bound. Meticulously maintained home on a large, quiet lot! 3 beds, 2 baths, SS appliances, upgraded Anderson windows, beautiful wood floors, central A/C, 4 large bedrooms, central vacuum, large covered deck, & 2 car garage! The basement is nearly finished & features 2 beds, 1 bath, office/study & closet & large living room! Call Scott!
Dr. Bley specializes in the removal of wisdom teeth, not your child’s college fund.

Dr. Bley is an Oral Surgeon and is proud to offer the highest level of care to you and your family. He offers the latest combinations of treatments and technologies and has a genuine passion for his patients’ care. He is a Greeley parent and he gets it. Since 2007 his practice has been at the forefront of the changes in healthcare. Our staff is pleased to guide you through your in-network provider benefits; not just a bill.

Dr. Bley is an active member in the Weld County Dental Society, Colorado Society of Oral and Maxillofacial Surgeons, American Association of Oral and Maxillofacial Surgeons, American Board of Oral and Maxillofacial Surgeons, and the American Dental Association.

Call him TODAY at 970.506.0350 for information regarding your in-network provider insurance benefits.

Integrated Dental Arts has been with BOG almost since the beginning and we have renewed our annual contract! Advertising in this magazine has introduced us to some of the best patients in town! Not only is it always available in our office, but it also arrives in over 21,000 Weld County households monthly! Our staff and our patients love to read the magazine cover to cover because BOG focuses on our community businesses, people, and events!

— Jenny Benson, Marketing Director, Integrated Dental Arts

For more information about advertising:
PLEASE CALL 1.844.9TheBest, Ext 1 or EMAIL: SpaceSales@TheBestofGreeley.com

Speak to affluent homeowners in NoCO... As Inexpensive as .05¢ Per Household!

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No other advertising vehicle can break through the clutter like these magazines!
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Do the smart thing to Market Your Business and Call TODAY!
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2018 FATHER DAUGHTER DANCE
Fri, Jan 26 • 6pm
Sat, Jan 27 • 1pm & 6pm
Hawaiian Luau Theme Dance
Tickets include buffet style dinner and dance floor refreshments
Purchase in person at the Greeley Recreation Center and Family Funplex or by phone at 970-359-3400.

Dance $45 in advance per couple, $49.50 the day of the dance, $10 each additional daughter 13-17.

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Grace Pointe Wishes You All a Very Happy New Year

Rehab • Independent & Assisted Living • Memory Care • Long Term Skilled Care
Best of Greeley’s Best Nursing Home/Assisted Living for the 3rd Year in a Row
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New Year, New Events

Top Things to do in Greeley in January

by Staff Writer

Start off the New Year right! Attend one of these great local events during the month of Jan.

Daddy/Daughter Dance

This year it’s a Hawaiian Luau Theme Dance. Aloha! Time to dust off those Hawaiian shirts and shop for the perfect dress because the Hawaiian themed Father Daughter Dance is just around the corner. There will be three opportunities to attend the 2018 Father Daughter Dance at the Greeley Rec Center, 651 10th Ave., in Downtown Greeley. Make your reservation to attend the dance on either Friday, Jan. 26, at 6pm, or Sat Jan 27, at 1 or 6pm. Tickets are $40 in advance per couple, $45 per couple the day of the dance. $10 each additional daughter. Purchase tickets by calling 970-350-9400.

American Girl

Grab your favorite doll and join all your friends at the Ice Haus for crafts, face painting, free skating lessons and more at the American Girl Doll Skate Party. As of Jan. 20, at 2:45pm, at the Greeley Ice Haus, 900 8th Ave. Admission is $6, and skate rental is $2. Enter the American Girl Doll Skate Tournament, happening on Jan. 20, at 2:45pm. This is a 13-mile loop that begins and ends in Downtown Greeley. Meet on the East Side of Lincoln Park and complete the ride at the Cranford Cove Tea Tavern, 823 10th Street.

Polar Pedal

Dress for the weather, wear your helmet, bring your bike and join Greeley Bikes for the Polar Pedal on Saturday, Jan. 20, at 1:30pm. This is a 13-mile loop that begins and ends in Downtown Greeley. Meet on the East Side of Lincoln Park and complete the ride at the Cranford Cove Tea Tavern, 823 10th Street.

Wildend Lincoln Day Dinner

January 20, 5:30-6:30pm - VIP Reception, 6:30-8pm - Dinner at The Doubletree Hotel by Hilton in Downtown Greeley. Hear from the man, one of five security contractors, who withstood 13 hours of assault that night in Benghazi. Hear from the man who saved lives, confronted the lies, and wrote the truth. Hear from the man who understands the difference made by leadership and courage, on any battlefield. Mark Geist was on the military battlefield fighting for freedom. We, the grassroots of Weld County and America, are on the political battlefield also fighting for freedom. We know what we do today in Weld County Influences America tomorrow. We put our feet solidly in American soil, Weld County Colorado. We stand firm and keep our eye on our mission, for our children and for our flag. We fight for freedom in our own backyard, which influences the State of Colorado, and America. We never give up. For more info go to: secure.anedot.com/win18/weld18
**HEALTH: Keeping your home clean is paramount for emotional well-being**

**Tips for Choosing a House Cleaning Service**

by Kim Overholt

This is the season to treat yourself! At least, that was my motto heading into the holidays. As I visited with friends and family and gawked each time I entered their sparkly, clean house, I yearned for my own home to be equally clean.

It’s really hard to justify spending money on a cleaning service, when I’m perfectly capable of cleaning my home myself. Unfortunately, lack one thing... time. Between a 40-hour work week, carpool, cooking and carting kids between activities, my time is becoming more and more a commodity that I can’t recover. Apparently, I’m not alone. According to the Bureau of Labor Statistics, Americans—both male and female—spent nearly 2 hours each day taking care of their household chores in 2016. That’s fourteen hours each week per person! Knowing important. So here are a few things that I learned while choosing a cleaning service that fit my family’s needs.

First, ask your friends if they have a cleaning service they prefer or recommend. You’ll be surprised how many people will share which company cleans their house if you just ask. You might also learn what companies to avoid. I added a post to our neighborhood Facebook and Nextdoor pages and found out quickly who to call and who to avoid.

Call multiple companies for quotes. The cost and services offered vary from company to company. Choose three companies and ask them to tell you about their services. For our home, we called one franchise and two small local business owners. In the end, we liked the flexibility of services offered by the small local business owner.

Make an appointment for the cleaning company to see your home. Ask to see a sample contract in advance of their appointment or ask that they leave a contract with you to review. In one contract, we learned that making beds carried an upcharge of $30 each visit, and there were additional upcharges such as loading the dishwasher, vacuuming the stairs and dusting the bookshelves. Find out what the company offers as a routine service. You might want them to do baseboards, but most companies don’t consider cleaning them a routine service. Think about your most heavily used areas and ask about their cleaning style and products related to those spaces. Because we do a lot of cooking, I wanted a company that would wipe cabinet facing at least once each month. By asking, we found out that one company wouldn’t touch our kitchen cabinet faces and one company insisted on oiling the cabinet facing. The third company had a specific non-oil based eco-friendly cleaner that it used on cabinet facing, which we really liked.

Ask if the company conducts background checks on its employees and if the same cleaner will work on your home each time. It’s also important to know that they are insured in case something happens in your home.

Likewise, ask the cleaning service what they expect from you, the homeowner. Do they need a key to enter? Will you be there when the service arrives and leaves? Find out their cancellation policy. If your children are sick and home with the flu, you won’t want to be rescheduled the appointment.

Last but not least, check the company’s online reviews. Are you worried that your kids won’t clean? So far my kids are learning more from having a scheduled cleaning person at our home than not. After all, a cleaning service won’t pick up their dirty clothes or wipe down areas that have clutter on them. Twice monthly, the kids have to go through the house and find a place for everything and put everything in its place. Otherwise, and they’ve been warned; we’ve asked the cleaning person to throw their homeless t-shirts and toys into file C for garbage. Nearly two months have gone by since hiring a cleaning company and I’m not spending my weekends worrying about the toilets. I haven’t missed a single church service, volleyball game or family activity because I was stuck inside the house cleaning—and I don’t feel guilty. Our home seems more peaceful and it’s certainly more clean. For our family, hiring ourselves a cleaning company was the gift that keeps on giving. Kim Overholt is the Marketing Technician for the City of Greeley Museums.

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**Question Your Sanity**

by James Lobato

Do you ever think you’re losing your mind? So many scenarios happen to us that we all have to wonder if it’s happening to us. Remember searching your entire house and automobile trying to find your eye glasses until you realize that you’re wearing them.

How often do you go crazy looking for your car keys only to find them in your hand? I’m great at making a special trip to the grocery store to pick up a specific item only to return home with unintended items and forgetting to buy what I originally was going to the store to purchase. Not only did I not come home with the intended item, I forgot where I parked my car. Do you ever wake up in the middle of the night and try to remember if you left the water running on the dry spot of your lawn? Once you get up out of bed to check on the water situation and head out through the garage you have a brief moment of why am I in the garage. Crazy? Right? You go back to bed and now you can’t remember if you closed the garage door.

When you look back at photos at a time when you thought of yourself as being pretty cool, you probably ask yourself, what was I thinking? I must have been insane. You certainly can’t believe you wore your hair like that. You’re not alone. Most people have photos of themselves that aren’t out on display.

Good hair fashion is timeless. Throughout history there has always been good hair and bad hair. A bad perm is as unattractive today as it was in the eighties; pretty cool, you probably ask yourself, what was I thinking? I must have been insane.

As we begin to evaluate last year and make resolutions for the New Year, give your hair fashion some thought this year and never question your sanity again. Good hair fashion begins with a quality consultation at James Salon.

You can always wear the insane hat you bought on vacation twenty years ago.

Complimentary consultations are always available at James Salon. James Lobato is the owner of James Salon Group of Northern Colorado. Exclusive AVEDA Salons. jameshair-salon.com.
HEALTH: Make a New Year’s Resolution and stick to it this year...

Greeley’s Best Gyms Reviewed

by Scott Helmsen

Greeley has many facilities that help clients achieve their fitness goals and perhaps their new year’s resolutions this year. The ratings are subjective but based on the size, quality and variety of amenities as well as the facility itself.

In addition, cost, staff friendliness, website information and access and hours to the gym as well as reviews found online were all used to evaluate these gyms. Certainly, there will always be some bias as to what each person is looking for in terms of their own personal likes, wants or needs. Some gyms are designed specifically for powerlifters while others are just for women – these are considerations whenever a person chooses a facility to work out and each has its own qualities that make them unique. One last consideration might be whether the gym is locally owned or franchised. While all employee local members of the community, there is something special about a gym that is locally owned and operated. No matter what you choose, look and try them out. Many offer special incentives and even free trials so you can try before you commit to the gym that best suits your needs.

Anytime Fitness

Located in Greeley and one of the world’s Anytime Fitness franchise as a model for “how it’s done.” Whether you’re a fitness beginner or you’ve been pushing the iron your whole life, we have what you need to meet your goals.

Cost: $30

CrossFit Helix

CrossFit Helix has a total of 4000 square feet with the ability to offer multiple classes at the same time, with addition room for open gym members. Our main workout area is spacious providing ample room for equipment and our secondary side has just as much to offer. We are very proud of our clean and well-organized facility.

Cost: $89

Aspire Fitness

Aspire Fitness is a general fitness center that includes a fitness facility, racquetball courts and an elevated indoor track. The Center is dedicated to providing a safe and welcoming facility for all, regardless of background and fitness level.

Cost: $30

Greeley Family FunPlex

Greeley Family FunPlex is a community center that includes a fitness facility, racquetball, indoor pool, rock climbing wall, two gymnasia and rooms to rent for parties, banquets and special events. They also provide community programming for adults and youth. In addition to the fitness area, there are dance studios, youth tumbling, and fitness classes. There is also a regulation size swimming pool with diving well. Two gymnias provide a place to play traditional sports and the latest craze, “pickleball.” Pickleball is a combination of tennis, badminton, and table tennis. The Center caters to downtown businesses with moon basketball and yoga classes.

Cost: $30

Curves

Curves is a 30-minute circuit training program. Curves is designed to empower women to improve their lives. Famous for their 30-minute circuit that works every major muscle group with strength training, cardio and stretching and always have a coach to help members with proper form, answer questions and offer encouragement.

Cost: $60

Aims Community College

Aims Community College is a community college with access to the state of the art machines and exercise equipment. They have the staff to help you with anything you may need, personal training big screen entertainment and anytime fitness training programs on demand.

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Cost: $30

Curves

Curves is a 30-minute circuit training program. Curves is designed to empower women to improve their lives. Famous for their 30-minute circuit that works every major muscle group with strength training, cardio and stretching and always have a coach to help members with proper form, answer questions and offer encouragement.

Cost: $60

Aims Community College

Aims Community College is a community college with access to the state of the art machines and exercise equipment. They have the staff to help you with anything you may need, personal training big screen entertainment and anytime fitness training programs on demand.

Cost: $60

Aspire Fitness

Aspire Fitness is a general fitness center that includes a fitness facility, racquetball, indoor pool, rock climbing wall, two gymnasia and rooms to rent for parties, banquets and special events. They also provide community programming for adults and youth. In addition to the fitness area, there are dance studios, youth tumbling, and fitness classes. There is also a regulation size swimming pool with diving well. Two gymnias provide a place to play traditional sports and the latest craze, “pickleball.” Pickleball is a combination of tennis, badminton, and table tennis. The Center caters to downtown businesses with moon basketball and yoga classes.

Cost: $30

CrossFit Helix

CrossFit Helix has a total of 4000 square feet with the ability to offer multiple classes at the same time, with addition room for open gym members. Our main workout area is spacious providing ample room for equipment and our secondary side has just as much to offer. We are very proud of our clean and well-organized facility.
SUNDAY

Editors’ Note: These listings are compiled by a staff member from listings on the web. We cannot always verify that these listings are correct, and it would behoove you to do your own due diligence.

New Year’s Day marks the start of a new year on the Gregorian calendar. The Gregorian calendar was first introduced by Pope Gregory XIII in 1582 and began to be used in Britain and its colonies in 1752. It is a solar calendar which maintains synchrony with the tropical year.

Martin Luther King Jr. Day celebrates the life and accomplishment of Dr. Martin Luther King Jr., a MLKprofound Civil Rights leader who advanced racial equality through nonviolent direct action. He is perhaps best known for the ‘I Have a Dream...’ speech in 1963. He was assassinated in 1968.

- Celebrate Peace! MLK Day Program and Craft, 3pm
- Canvas and Cacao, 4pm
- Mokey Matters: Need to Know Tax Info/5pm
- UNC Guest Artist Recap: Peter Stella, Clarinet, 6:30pm
- Artmakers, 4pm
- Artmakers, 4pm
- UNC Orchestra, 7:30pm

Calendar Submissions are accepted up to the 15th of the month prior to upcoming issue. Please submit to: CalendarSubmissions@TheBestofGreeley.com

Please go to www.TheBestofGreeley.com/calendar for up-to-the-minute information.

MONDAY

- LEAP into Sciences: Can You Hear Me Now? 1pm
- Riverside STEM Club: Magical Magnets, 4pm
- Cooking Class - Swedish Meatballs, 6:30pm
- Xscape Primer for Beginners, 6-7:30pm
- Artmakers, 4pm
- Financial Health/Budgeting, 6pm
- UNC Orchestra, 7:30pm

TUESDAY

- LEAP into Sciences: Can You Hear Me Now? 1pm
- Riverside STEM Club: Magical Magnets, 4pm
- Cooking Class - Swedish Meatballs, 6:30pm
- Xscape Primer for Beginners, 6-7:30pm
- Artmakers, 4pm
- Financial Health/Budgeting, 6pm
- UNC Orchestra, 7:30pm

WEDNESDAY

- Potthatt at the Library, 6pm
- Human Trafficking Awareness Day is dedicated to battling symptoms of sexual slavery and human trafficking worldwide.
- Highland Park Liquor Tasting, 5-7pm
- Highland Park Liquor Tasting, 5-7pm
- Highland Park Liquor Tasting, 5-7pm
- Highland Park Liquor Tasting, 5-7pm
- Highland Park Liquor Tasting, 5-7pm
- Highland Park Liquor Tasting, 5-7pm

THURSDAY

- Run Work’s Painting Exhibition, 3:30-5pm
- Highland Park Liquor Tasting, 5-7pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm

FRIDAY

- LITTLE Explorers: DIY Musical Instruments, 10-10am
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm
- First Friday: A Night of Art in Downtown Greeley, 5-8pm

SATURDAY

- Family Fun Saturdays: Saturdays - Learn to Play Guitar, 2pm
- Family Fun Saturdays: Saturdays - Learn to Play Guitar, 2pm
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More Detailed Calendar Listings Start on Page 34
We Are Feeling The Effects of “Recreational Drugs”

by Jerry Garner

A lady asked me the other day for my opinion on the impact that “recreational drugs” are having on our beautiful state, and, more specifically, on our city. I had a feeling that she was referring to the societal effects of legalized marijuana, but for someone who has spent 48 years in law enforcement the topic is broader than that.

If we can agree that a very general definition of drug is “a substance capable of causing major changes to the physical and psychological functions of the human body”, then we must acknowledge that there is something out there that has far more serious, negative effects as counterbalances to whatever positive financial impacts that have accompanied legalized weed. We see bizarre and sometimes dangerous behavior from those who have over-dosed on THC – infused products. We have witnessed an increase in emergency room admissions of youngsters who have gotten into their parents’ marijuana – laced cookies and candies. We have seen more kids bringing these purloined, adult – only products to school to share with their classmates. And, despite the marijuana advocates’ claims that legalized pot would put the black market growers out of business, we have seen more large – scale illegal grows than ever as criminals utilize Colorado’s marijuana – friendly environment to grow an increasingly – powerful product and unlawfully ship it out of state. Law enforcement also has seen an increase in drug dealing related offenses since the advent of legalized weed in Colorado. Indeed, recreational marijuana’s presence in Colorado has not been problem – free.

Whether or not the addition of another “recreational drug” in Colorado is a good or a bad thing is a matter of personal opinion. The reality is that alcohol is here to stay and it doesn’t appear that law enforcement worry about is what is the next “recreational” drug to be considered “legal.” Is it cocaine? Surely not meth. Both have terrible effects on their users – and all of those around them. The key for all of us is in the careful, responsible consumption of alcohol. We have long advocated for the careful, responsible consumption and availability of alcohol. We now must add recreational pot to the roster of substances the use of which must be monitored with great care. We owe that to our fellow citizens and, most especially, our children.

Jerry Garner is Greeley’s chief of police.

Do you have a muscle in your body that has a knot? Are your neck or lower back muscles achy? Don’t wait any longer: be proactive and take care of yourself. Your body will thank you (and maybe your family members as well).

Being involved in the holistic wellness industry for 20 years, I often find myself telling people, you don’t have to be in pain. Having muscles in a state of pain, for too long of a period, can actually be very detrimental to your health. A well trained massage therapist can alleviate body aches and pains that are muscle related.

There are so many natural healing methods to help you with your pain, and I believe massage therapy is one of the best. The Academy of Natural Therapy has been owned by our family for 28 years and we are proud to be accredited nationally by the Commission of Massage Therapy Accreditation, to show we meet the highest standards of massage therapy in the nation. Our focus and passion is to educate quality caring students to become massage therapists so that they can go on to heal people thru massage therapy.

Massage therapy is very professional (you will be well draped and covered, non-invasive, relaxing, has no harmful side effects, and it is very affordable. Studies show that regular massages help with sleep, reduce pain, reduce stress, boost your immune system, and help your wellbeing in general. With the new year coming, maybe make it a goal to take care of your muscle pain with regular massages. Make sure your massage therapist is licensed and insured. Ask about their education. Our graduates work in our professional clinic with our student therapists, but honestly, our graduates are also located all over Greeley and the nation.

Be proactive. Schedule yourself a massage today! Don’t wait another minute. Schedule regular visits. Your body is under constant stress. Regular Massage is reassuring to you and your body that its muscular pains and needs will be taken care of. You will find yourself being happier and more patient with your loved ones because you will have less pain.

Be honest with your therapist. Be open and clear on your intake form. Let your therapist know your problem spots. Let them know if they go too deep, or too light. Prepare yourself to relax. Only allow your drive to your massage appointment, start preparing your mind and body to relax. Breathe deeply. Really take advantage of this time that you dedicated to yourself for healing. Our clinic has a 20 foot hot salt water pool. If you have time, soak in that first to help relax and prepare your muscles to be massaged. Enjoy it. You deserve the regular care.

Jennifer Mongon, B.S. Gerontology (UNC), Vice president, Academy of Natural Therapy

You Don’t Have To Be In Pain!

by Jennifer Mongon

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CALL 970.352.2181 TODAY TO LEARN MORE!
0ne of the first decisions of the new year for the Board of Weld County Commissioners will be whether Weld should join seven other counties in Colorado that have authorized a Syringe Access Program (SYP), better known as needle exchange.

The idea is being brought by Dr. Mark Wallace, the executive director for the Weld County Department of Public Health and Environment and the Northern Colorado AIDS Project (NCAP). It is the hope that a needle exchange program can cut down on the diagnoses of Hepatitis C and HIV in Weld.

Wallace is out of the office until after the holidays, so he was unavailable for comment, but Eric Aakko – spokesperson for health department, said they do have a meeting scheduled with the commissioners to discuss the idea.

"Until that meeting occurs, we won’t be able to discuss the pros and cons," Aakko said. "No matter what way we want to feel we want to go, ultimately whether it’s policy or not will be up to the commissioners."

SYPs are designed to give intravenous drug users a place to get clean needles for free, without fear of arrest or retribution. Program implementation varies by county, but in Boulder for example, The Works Program distributes everything from syringes, cookers and ties to antibacterial ointment, bandages and alcohol wipes to bong kits, sharps containers and ID cards to protect users from paraphernalia charges. Larimer County’s program, which is also run by the Northern Colorado AIDS Project, is similar.

“They have been around for quite a while because they’ve shown to be very effective in reducing the spread of HIV and Hepatitis C,” said Sam Bourdon, Prevention Service Manager for the NCAP. “It’s one of the many positive advantages of having them.”

In Denver, the city council is considering adding a safe injection facility to its current program, which allows heroin and other injection drug addicts to shoot up under supervision to avoid overdose and death. That is not on the table for Weld.

Bourdon said Weld has more negative outcomes with HIV and Hep C particularly among illicit drug users, and a needle exchange program would benefit everyone.

“That doesn’t affect just people who are using,” Bourdon said. “It’s also affecting the community at large. We feel like it’s a very important intervention to bring to Greeley and the broader Weld County.”

But not everyone is in agreement.

“It’s kind of like giving a murderer a weapon and saying, ‘hey go out and figure out how many people you want to shoot,’” said Weld County Sheriff Steve Reams. “Are they hurting anyone but them- selves? Maybe not, but do we continue to pump drugs into their system so they can go out and commit crimes against people who aren’t using drugs?”

Bourdon said more people would understand and be supportive if they fully understood how her group operates, which is based on a philosophy to reduce harm.

“We accept for better or worse that illicit drug use is a part of our world,” Bourdon said. “We work to minimize its harm through the provision of services. We’re addressing this in a realistic way by saying that if someone is an abuser and drug work, we would have ended issues around drug use years ago.”

Bourdon said drug use and overdose is entering epidemic proportions, adding users do not have access to health services or safe spaces where they can talk frankly about their substance use.

“Our folks care deeply about their health and they care deeply about health of others,” Bourdon said. “They want to have the opportunity to dispose of their syringes safely. They want to have the opportunity to be educated and to educate their peers, so we’re just giving them a non-judgmental environment.”

Reams agreed that heroin use is skyrocketing, especially in Greeley and Weld. He blames it on the legalization of marijuana, adding a needle exchange program only adds to that problem.

"Within just a few months of recreational marijuana being legalized, we started seeing heroin being utilized by the people coming into our jail," Reams said. "It's just the next step.

Reams said while he’s seeing a decrease in methamphetamine use, the prescription rate of oxycodone and oxycotin has increased the heroin problem because when the prescriptions run out, those addicted look to heroin to fulfill their need.

"If someone would have told me when I started in law enforce ment that we were going to see an increase in heroin use I would have said no way,” he said. “It’s often a cheaper high than what you can get with marijuana.”

Bourdon said she would like to utilize the NCAP current office in Greeley, which is located near downtown on 9th St., to administer the new program, but it is up to commissioners. She said that location would allow the NCAP to maintain the same type of one-on-one operation that the group currently has in Fort Collins, where they offer education and referrals for other services that people might need.

"We already offer a lot of case management and prevention services to that population," Bourdon said about the current Greeley site, adding what additional services there could look like. "There is a little more intimacy and rapport building that goes into it."

There is a work session scheduled for 1:30pm, Jan. 9, 2018 at the Weld County Administration Building, 1150 O St. It is open to the public, but there is no public comment taken. You can contact your commissioners with opinions at:

- District 1: Mike Freeman, mfreeman@weldgov.com
- District 2: Julie Cozad, jcozad@weldgov.com
- District 3: Barbara Kirkmeyer, bkirkmeyer@weldgov.com
- At large: Steve Reams, smeoreno@weldgov.com and Sean Conway, scovey@weldgov.com

Reams said he just can’t get behind it for many reasons. He said there is already an increase in home robbery of prescription

Continued on page 34

The Greeley Rotary

by Mike Bond

As downtown Greeley Rotary Club’s 2017 draws to a close, we reflect on the great slate of programs that we’ve shared with our members every week. Informative and engaging programs are highly valued by our members, and presenters have covered a wide array of subjects including High Plains Chautauqua, UNC Fall Sports, RYLA (Rotary Youth Leadership Awards), Greeley Area Habitat/Jefferson School partnership, Sheriff Steve Reams, and Chief of Police Jerry Garner, and many others. 2018 programs are lining up to be equally intriguing.

Common values among our members is a hunger to learn, and a hunger to serve. Every Wednesday at noon, the Greeley Rotary Club offers a platform for community groups and individuals to present fascinating information on the many activities in our city, state, and nation. In turn, Rotarians are moved into action through some of these programs, stimulating new partnerships throughout the region.

Among our most treasured programs are the personal profiles presented by our members. At least quarterly, our programs will feature 1 or 2 Rotarians “telling their story.” Many of our members have a heritage profoundly rich in experience and service, and for anyone who cares to listen, insights into such lives are priceless. Come join us… and have a listen.

Christian Brothers Automotive is a proud advertiser in The Best of Greeley & Weld County Magazine. The publication provides us with a fantastic source of local advertising, and also supplies customers in the lobby with relevant and interesting articles on life and culture in our Greeley community. Customers often mention the magazine and our ads they’ve seen.

— Jeff & Janet Sloan, Owners Christian Brothers Automotive

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www.TheBestofGreeley.com January 2018

The Best of Greeley 25
It’s hard to get through a day without getting advice about health and wellness. Every time we turn on our morning news shows, open the newspaper, or check out our Facebook newsfeed, we get tips and tricks to keep our diets or exercise plan on track. And when we’re at the doctor, we hear about the importance of lowering our blood pressure and cholesterol and scheduling regular screenings. But, more often than not, these moments reflect concerns about physical health, and we rarely recognize or discuss the importance of staying mentally fit as well as physically fit.

The mind and the body regulate each other. When we exercise, our minds benefit from a release of chemicals that help ease sadness and anxiety. Similarly, when we experience depression, we often feel aches and fatigue in our bodies. Most people know that they should see a doctor when they are experiencing physical ailments, but they may not know that there could be a correlation between their physical conditions and their mental health. Men in particular often miss this connection.

Untreated depression and anxiety can prevent people from managing other conditions and often exacerbate their physical symptoms. Even with increased awareness of behavioral health challenges and treatment, there is still far more stigma attached to these than physical conditions. We know that the easier it is to access behavioral health care at the same time as physical care, the less likely people will feel the stigma of treatment — and the healthier they will be. When health providers address underlying behavioral health issues instead of just physical conditions, people are happier, live longer, and require fewer healthcare services.

Care providers who understand how the mind and the body work together can help patients develop wellness plans that support ‘whole person health.’ That’s why North Range Behavioral Health has long believed in the importance of integrated care – treating the whole person, mind AND body. A true medical team is skilled at assessing all conditions that may be affecting one’s wellbeing. We partner with Sunrise Community Health, Salud Family Health Center, and Banner Family Medicine Clinic to offer integrated care services.

So when you’re thinking about your health, consider a “check up from the neck up.” It’s time we all considered the body and the mind in our approach to health.
1. Test your battery.
Maintenance includes keeping the battery clean and secured so it does not vibrate, keeping connections clean and tight at the terminals.

2. Change your oil.
Your car needs oil to lubricate your engine and stop detergents. If your car does not have fresh oil, dirt will build up and eventually kill your engine.

It is always a good idea to have your brakes checked every so often by a professional, as a nasty grinding noise can bring an unpleasant worry.

4. Air filter.
Think of your car’s air filter like your lungs: It is important you keep them clean and healthy so that you breathe easier and harmful things do not affect your breathing.

5. Cold weather.
Mainly, you want to make sure your car’s heating and defrosting units are working properly. A cooling system performance test and coolant flush will insure your car is ready for any condition.

Bad spark plugs can lead to horrible gas mileage and a lack of acceleration, along with a whole host of other problems. Make sure to check them.

While not requiring frequent service, these fluids must be changed according to service intervals. Always use transmission fluid or gear oil of the recommended type and viscosity.

8. Test your brake fluid and flush if needed.
It is always a good idea to have your brakes checked every so often by a professional, as a nasty grinding noise can bring an unpleasant worry.

9. Check that your lights are working properly.
Brake light and turn signals are essential safety items. Headlights that are burned out or have become excessively faded can cause difficulty driving in adverse conditions or at night. Most bulbs can be changed easily.

10. Tire pressure.
Tires are often the most neglected part of a car. Most people do not pay much attention to keeping their tires at the right inflation pressure. It is not only bad for the car, the tires, and fuel economy, but it is also a safety issue.

11. Headlight and turn signal inspection.
Headlights and turn signals are working properly.

12. Check that your lights are working properly.
Brake light and turn signals are essential safety items. Headlights that are burned out or have become excessively faded can cause difficulty driving in adverse conditions or at night. Most bulbs can be changed easily.

13. Test your brake fluid and flush if needed.
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Think of your car’s air filter like your lungs: It is important you keep them clean and healthy so that you breathe easier and harmful things do not affect your breathing.

15. Cold weather.
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Good dental health begins at birth. A child is born with 20 baby teeth already developing in the alveolar bone of the jaws. These teeth don’t generally start to erupt into the mouth until six months of age. However, it is not unusual for some children to get their first tooth around age one.

It is important to promote good oral hygiene immediately after birth, even though the baby teeth may not be present. A clean, moist washcloth is all that is needed to wipe off an infant’s gums twice daily. Baby teeth are susceptible to decay as they erupt into the oral cavity. Consequently, The American Dental Association recommends that a child have their first dental appointment by one year of age. This is also why brushing with a small, soft bristled toothbrush and a rice sized bead of fluoridated toothpaste twice a day is important during and after tooth eruption. Flossing once a day becomes necessary when two adjacent baby teeth touch. Children should always be carefully monitored when brushing their teeth, ensuring they are using the appropriate amount of toothpaste and not swallowing it. By age three, a larger amount of toothpaste approximating the size of a pea is an appropriate amount.

Baby teeth are not only important for chewing and speaking, but also for maintaining the space necessary for the developing permanent, adult teeth. Tooth decay is one of the leading causes for the premature loss of baby teeth. Early loss of baby teeth can lead to crowding of the adult teeth and malocclusions (bad bites) because the adjacent permanent teeth drift into the vacated space, blocking the proper eruption of other permanent teeth. The American Association of Orthodontists recommends that a child be seen by an orthodontist by age seven to evaluate for dental crowding and potentially developing malocclusions.

Dental plaque contains harmful bacteria that results in dental decay and gingivitis. Poor hygiene, including the lack of brushing, leads to the accumulation of excessive plaque around the teeth and gums. Dental decay and gingivitis are often painless processes that, when left untreated, can develop into more serious oral problems including jaw pain, tooth abscesses, jaw bone infections, periodontal disease, and tooth loss. Furthermore, many scientific studies have suggested relationships between the harmful bacteria connected with periodontal disease and certain health problems including diabetes, osteoporosis, endocarditis, and cardiovascular disease. This is why it is important to see your dentist every 6 months no matter your age. He or she can help monitor and ensure optimum oral health. A healthy mouth promotes a healthy body.

Resources for additional information:
www.ada.org/en/public-programs/mouthhealthy
www.aaoinfo.org
www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047405
CHEVY SILVERADO’S DRESSY SIBLING

2018 GMC SIERRA 1500 4WD SLT CREW CAB

Chevy Silverado’s Dressy Sibling

2018 GM GMC Sierra 1500 4WD SLT Crew Cab

by Stu Wright

MC’s “Professional Grade” principles have struck a resonant chord with American consumers, something that is reflected in car buyers paying a visit to Kelley Blue Book’s website (KBB.com) and naming GMC 2017’s Most Refined Brand, an achievement that was announced earlier this year. The extra attention to design and detail found within GMC’s lineup has clearly reverberated with American consumers and Five years hence, the 2018 dealer showrooms and Weld GMC and Chevrolet account -

Five years ago, the 2018 GMC Sierra 1500 with the dual brands of recently made a Cardinal Red County Garage in Greeley producing pickup trucks since model at the North American was introduced as a 2014 lineup, the latest model Sierra, Auto Show in Detroit, Michigan.

I photographed the Sierra on the campus of Aims Community College in west Greeley, and the red pickup looked terrific on the oil field access road with its chrome plating on the 20” six-spoke alloy wheels, side steps, and door handles. This model’s bold styling has been maintained without taking too much risk with what has been a nice-looking truck for decades. The $55,250.00 (M.S.R.P.) GMC was loaded with equipment including moon roof, navigation with 8” touch screen, IntelliLink system, Bose stereo, satellite radio, and many other items that would typically be expected in a luxury pickup. Some features were unexpected, such as foot wells in the rear bumper for climbing aboard, a power sliding rear glass, hill descent control, and 2” of additional legroom for rear seat passengers. GMC has definitely stepped it up with the Sierra series of pickups.

Mated to the V-8 was an eight speed automatic transmission with a rear axle ratio of 3.42. The four-wheel drive test truck had active electronic Autotrac with a four position rotary dial for traction selection to the left of the steering wheel. My wife Ruth and I took a ride around Weld County to take some photographs and she almost immediately exclaimed “Wow, this rides like a car!” Indeed, GMC has managed to greatly refine the cabin noise and isolation situation with items such as the cab mounts on the 2018 Sierra – hydraulic at the rearmost position. As attested to by my wife, ride was fine in the console for clipboards, markers, PDA’s, etc.

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ConquestClassicCars.com / 3805 W 10th St., Greeley / 970.573.5291 / info@ConquestClassicCars.com
Wallad: “Hey, the ocean called looking for it’s seagulls, photographed at the WM Aud Landing.”

Weld County’s Needle Exchange

Continued from page 24

Gary Wright

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Healthy male, age 35, $350,000.00
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Healthy female, age 35, $350,000.00
20 year term. $81,304.00 ($19,512.00 refund to insured, if alive, in twenty years.)

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FAX 970.346.6211
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Continued on page 34

A Crossword Puzzle That’s Kinda About Greeley & Weld County

by Dick Williamson

ACROSS
1 Missing life 6 Local dealer in literary works, The ___ Shop
10 Stall sunset 11 Expression of dismay
13 Local school 15 German doll who inspired the US in 1959
17 Local bus service 18 Small beer tap
20 Important number to stat keepers 21ầ My name in the movies
23 Vends 24 Lea Into Science: Can You Hear Me
25 Electrical supply 26 1985’s hit “Hello”
29 Yes! 30 The Healthy female, age 35, $350,000.00
34 Broads 35 S poted JFK: “Ich bin ___ Berliner”
39 “____ 80” Classic computer
43 Heating element

DOW N
1 Scanner alert (abbr) 2 Local pre school
3 Looking for night birds 4 Pharmaceutical giant
5 French born rock star of We Run Free
6 ___ Hop 7 Resistance unit
8 Horoscope shaped letters 9 Carpenter who was a Grammy
12 Family created by Harry Potter
14 Make part of tradition (var) 15 Holyday
d16 1989’s hit __________
17 Men’s release (var) 18 grease
19 School district 20 Young new ts
21 Unspecified degree 22 Local Chrysler dealer
23 Local Real Estate firm 24 Ethnic industries
25 Neighborhood protector? (abbr) 26 Unrestrained collector
27 Local dealer in literary works, The ___
28 They coined the name, “Double Bubble Gum
29 A ssert without proof 30 Wise
31 What subjects and verbs must do
32 Area which gave Mexican settlers
33 We all do it
34 Vends
35 S poted

Calender Listing

TUESDAY, January 2nd
- LEAP Info Science: Can You Hear Me
1 pm. Sounds are all around us. You’ve heard them, you’ve probably felt them, and maybe you’ve even seen evidence of them. This workshop invites children to lean back, really listening to sound and vibration and exploring the book “Sound: Loud, Soft, High, and Low” by Natalie Haxby.
- Rectangular Library, 19361 Taylor Ave., Greeley

THURSDAY, January 4th
- Putt Putt at the Library, 2pm. Join us at the Rectangular Library for our very own miniature golf course set up library style! We are turning the library into a 9 hole mini golf course. Come over and pull putting around the library! We will provide the clubs and balls.
- Riverside Library and Cultural Center, 3700 Golden St., Evans

FRIDAY, January 5th
- Ron Worley’s Painting Exhibition. We are holding a reception to showcase Ron Worley’s paintings at the Bean Plant Studio in Greeley from 3:00-5:00pm. He will be on site and all of the proceeds will go to the Frontier Academy Art Program! We hope to see you there!
- Bean Plant Studio in Greeley from 5:00-8:00.
- FRIDAY, January 5th
- We will provide the clubs and balls. Riverside Library and Cultural Center, 3700 Golden St., Evans

SATURDAY, January 6th
- LEAP into Science: Measuring Up.
- 10:30am. If you wanted to know how far you could jump, or how high a jump you could make, you could use a ruler. Measure length.
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For more on this story go to
- Complete Colorado.com/page two and search for “Needle exchange services being considered in Weld County.”
- Shena Pelz is a native of Greeley and Weld County. She has been working journalist for more than two decades. She received her journalism degree from Metropolitan State University of Denver. She is currently a freelance reporter covering education, politics and the state legislature for several media outlets statewide.

Answers on page 36

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Adventures Index

Academy of Natural Therapy  Page 33
Avonmore at 2920  Page 32
Bronchitis Office Equipment  Page 32
Cherry Creek Natural Pet Market  Page 33
Circle of Classics  Page 33
Dicks Sporting Goods  Page 33
Eisenhower Primary Health Care  Page 33
Eye of the Needle  Page 33
First Impressions  Page 33
Grace Friedheim  Page 33
Greenwood Village Animal Hospital  Page 33
Hunter’s Creek Veterinary Clinic  Page 33
Island Park Veterinary Hospital  Page 33
Jamestown Veterinary Clinic  Page 33
King’s Veterinary Clinic  Page 33
Kaufmann’s  Page 33
Largo Animal Hospital  Page 33
Lassiter’s  Page 33
Local  Page 33
Lonestar  Page 33
North Colorado Pet Care  Page 33
Northside Animal Clinic  Page 33
Nutley Children’s Dentistry  Page 33
Pawshake Animal Hospital  Page 33
Pet Palace  Page 33
Pet Ultramodern  Page 33
Pinyon Vet & Spa  Page 33
Riveredentalcare.com  Page 33
Sidney’s Pet Resort  Page 33
Spay & Neuter Clinic  Page 33
Veterinary Referral & Critical Care Center  Page 33
Windy Butterfield  Page 33
Wolf Creek  Page 33
Women’s Care Center  Page 33

Calendar Listing
Continued from page 34

There are too many events to list with a starting date or target measures, but what people use before taking measures? How did they measure their data? This lesson invites children to explore non-standard measurement as a way of learning how and why people developed standards for measuring. The Greeley Public Library, 2227 23rd Ave., Greeley


TUESDAY, January 23rd

- Riverside STEM Club: Magical Magnets, 4pm. Join us at our Riverside STEM Club to learn about magnets. There will be worksheets to take home. Price: Free. Riverside STEM Club, 1012 11th Ave., Greeley
- Early Music @ UNC: The Ursa Consort, 3pm. Early Music performs. Price: Free. Tointon Gallery, 651 10th Ave., Greeley
- 2018 Father Daughter Dance, 6pm. This year at a new location! The Greeley Foundation Dance, 6pm. Price: Free.

SATURDAY, January 26th


FRIDAY, January 25th

- Highland Park Liquor Testing, 5-7pm. Highland Park Liquor, 1505 59 Ave., Greeley

FRIDAY, January 24th

- 2018 Father Daughter Dance, 1 & 6pm. At a new location! The Greeley Foundation Dance, 6pm. Price: Free.

THURSDAY, January 24th

- The B&L is made up of husband and wife team Mark Geist and his additional daughter. Greeley Recreation Center, 651 10th Ave., Greeley

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SATURDAY, January 26th

When I saw the movie “The Bucket List” I remember thinking at the time I should make one. I guess the thought of sitting down and thinking about it was just too much work because I do not have one. This year I am thinking it is as good a time as any to come up with a list. I’m going to call my “Never Have I Ever” list that I can check off as I do the things I’ve never done. I have never deep sea fished in Mexico (or anywhere) but that is going to change even before ringing in the New Year. One of two things are going to happen: I’ll either love it or not. I’m hoping for loving it because I love the water. I’m just hoping that the water loves me and I don’t get violently sea sick. On one of our trips to Mexico, I got food poisoning from a raw oyster so I know what to expect sea sickness to look and feel like. I seriously thought I was a goner. It’s not pretty. It also taught me not to succumb to peer pressure in remote fishing villages. Just because all the cool kids are doing something doesn’t mean you should.

Never Have I Ever watched a “Star Wars” or “Harry Potter” movie. I’m not sure if this qualifies as something I want on the list, because if it is, doubtful I’ll start now. This particular revelation required all the other guests to take a gulp and give me glances of disbelief and distrust. Apparently those movies are quite popular and kind of a thing with people. Who knew?

Never Have I Ever gone to the gym without first taking a shower and putting on makeup. This is probably going to go in the category of not going to happen. I’ve only left the house once before shower, shave and shine time and it was a disaster. I was running behind taking my boys to school so I jammed them in the car, jumped in the driver’s seat with bedhead and a ratty robe and off we went. Rushing home after dropping them off I saw the blinking lights. Like getting food poisoning, this incident was not fun and actually pretty scary for the officer. We both learned our lesson. I clean up before going out and he never pulled me over again. Rumor had it he had to have counseling.

The chance of me taking up basketball is pretty slim for 2018. I do, however, like the pretty pink ball. Hold on tight. Here comes new beginnings… or, maybe not.

This list is starting to look like things I’m not going to do instead of things I am going to do. For starters, I am not going to get a tattoo. When I turned 30 I decided I was 30 and could do whatever I wanted. I chose not to get one. No regrets there… needles are not my friend. Well, except for Botox. Botox is a good friend of mine. This coming year I’m going to concentrate on new experiences and making the best of them. Like last year, which was eventful, you never know what to expect. Instead of coming up with a list of things I’m probably too lazy to do or don’t care enough about, I’m just going to let the year unfold. If it is anything like the last 12 months, I know there will never be a dull moment and packed full of surprises. Bring it on 2018! I’m not scared. Well, maybe, just a little. Happy New Year all!

Editor’s Note: In a previous life Wanda Lowe was a newspaper editor and wrote a weekly column called “It Happens.” Today she is a Realtor at RE/MAX Alliance in Greeley with her husband, working together as The Lowe Team. She is again writing her column for The Best of Greeley & Weld County Magazine this time around known as “It’s Happening… Again.” In all fairness to her family and friends they should consider themselves warned.
TIME DEALER OF THE YEAR

WE ARE SO PROUD TO ANNOUNCE THAT TODD MAUL HAS WON THE COLORADO NOMINATION FOR TIME’S 2018 DEALER OF THE YEAR!

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CONGRATULATIONS TODD!

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