



Enhancing lives with healing hands.

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Tranquility

A publication of A.M. Massage

Christmas Carriage Parade A Parker Holiday Tradition



Continue the holiday cheer at the annual Christmas Carriage Parade, hosted by the Town and the Colorado Driving Society on **Saturday, Dec. 11 at 2 p.m.** The parade is themed "Candy Land Christmas" and will include dozens of horse-drawn carriages, wagons, riding groups, minis and marching bands from across Colorado. Join the fun on this special afternoon when the streets are lined with families and eager children hoping to catch a glimpse of Santa.

office in Victorian Peaks, located at 11020 S. Pikes Peak Dr. Pictures will be \$5, cash only and will be from noon to 1 p.m. and again from 3 to 4 p.m. Many thanks to the Children's Hospital for helping Santa and Mrs. Claus find their way to Parker for the event. The announcer grandstand, sponsored by Comcast will be located on the corner of E. Main street and E. Victorian Cr.

Event-goers are welcome to park in the various downtown parking lots, but are cautioned that Main street, Pine and Victorian roads will be closed from 1 to 4 p.m. for parade set-up and clean-up. Parking outside the parade route limits and walking in is encouraged.

**Saturday
December 11
2 PM**

Arrive early and check out the Winter Farmer's Market running from 10 a.m. to 4 p.m.! The petting zoo and pony rides will run from noon to 4 p.m. and are brought to you by Bellco Credit Union. Santa plans to arrive at noon for pictures at the Keller Williams

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What's Goin' On



Not some medieval torture device - AM Massage now has cupping! This is a wonderful technique that can help remove breathing issues, reduce illness time, and just get you feeling better.

The clear glass 'cups' create a suction on the skin to pull impurities from deep within the tissues. Feels weird, works GREAT!

Call Michael today to schedule this helpful healing process. (303)204-3554



Recipe of the Month

Breakfast Sausage Quiche

This is a great easy meal everyone can enjoy when you don't feel like spending the morning in the kitchen.

Makes 12 servings.

Prep Time: 10 minutes Cook Time: 35 minutes

INGREDIENTS

- 8 eggs, lightly beaten
- 2 cups half-and-half
- 2 teaspoons sage
- 1 teaspoon salt
- 1/2 teaspoon grated lemon peel
- 1/2 teaspoon ground black pepper
- 2 cups shredded Swiss cheese
- 12 oz. sausage meat (substitute sausage style crumble mix for vegetarian)
- 1 cup soft bread crumbs
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions

DIRECTIONS

1. Preheat oven to 350° F. Mix eggs, half-and-half, sage, salt, lemon peel and pepper in large bowl until well blended. Add remaining ingredients; toss gently until well mixed. Pour into greased 13 x 9 -inch baking dish.
2. Bake 30 to 35 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

NUTRITION INFORMATION

per serving: Calories: 206, Fat: 14 g, Carbohydrates: 5 g, Cholesterol: 194 mg, Sodium: 400 mg, Fiber: 0 g, Protein: 15 g



Use a dishwasher to clean your dishes after the party - it uses less water and soap than if you wash them by hand

The Green space

Green Your Holiday Gatherings

Hosting a Hanukkah, Christmas, or New Years Eve party can be a daunting undertaking for you - and it can be hard on the environment. If you're playing host this year consider these tips to help make your festivities earth-friendly.

Party prep.

We all go a little crazy with the housecleaning when we're anticipating a crowd of guests in our home. Keep in mind that using certain household cleaners can greatly increase the air pollution in your house, making the air you breathe irritating and even unsafe for your family and guests. Consider using safe, non-toxic cleaning methods and products.

Serving food? Of course you are. Use your regular dishes and flatware instead of buying paper or plastic. This can dramatically reduce your waste. If you have to use disposables, try biodegradable paper plates.

As you're planning the menu, consider basing it around local and seasonally-available food. Foods that travel across states or around the globe to get to you have high carbon footprints.

When you're sprucing up your home with decorations, reuse last year's if you still have them. Want to keep it simple and natural? Gourds and pumpkins make excellent and colorful accents, and finding them is easy this time of year. They can usually be purchased at almost any store, including your local farmer's market. Plus, they're decorations that can be composted - and sometimes eaten - once you're done with them.

During the party

Saving energy on home lighting isn't just for regular use overhead lights and floor lamps anymore. LEDs, are available for both indoor and outdoor decorative lighting. LED lights are cooler to the

touch, last 10 times longer, and they use 80% less energy than your standard string lights. Consider LED flickering lights to inspire a cozier feel.

Help your guests contribute to the green effort by providing clearly marked trash receptacles for different types of party waste - paper, plastic, glass, aluminum, food scraps, liquids, etc.

Clean up

After the guests have left, you're faced with the daunting task of throwing out food scraps, packaging up leftovers, and cleaning up piles of dishes.

Relax - you don't have to worry about hand washing your dishes! Using a dishwasher is actually more environmentally-friendly than washing each dish by hand. You'll use much less soap and about 80% less water.

Stretch to Health



Stacked Knee Glute Stretch

This is one of Tom's favorite glute stretches. If you can't get into the full position, just go as far as you can.

1. Put your left foot next to your right hip.
2. Now put your right leg on top and try to get the foot around to the opposite hip.
3. Try to stack your knee's on top of each other.
4. Lean forward and hold for 30 seconds

Swap sides and repeat.



Pigeon Stretch

This is an incredibly strong and deep glute stretch.

1. Place your front lower leg crossways onto a Yoga mat.
2. Now stretch your other leg back as far behind you as you can.
3. Lean forward to increase the stretch in your glute muscle.
4. Hold this for 30 seconds and the swap sides.



Pretzel Stretch

This is one of the most brilliant glute stretches out. Make it a must for the end of your workout.

1. Lie on your back and bend one leg.
2. Straighten your opposite leg and raise it towards the sky.
3. Put the foot of your bent leg on the knee of your straight leg.
4. Pull your straight leg towards your chest.
5. Hold this for 30+ seconds.
6. Do this again with your other leg.
7. Do this 3 times for some great benefits!





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Of Current Interest

Things to do in Parker this holiday season

Once again a favorite with the residents and visitors to Parker, the chance to take a **HORSE DRAWN CARRIAGE RIDE** around Olde Town Parker to enjoy the wonderful lights that the business people, Town of Parker and the Parker DDC have helped to create. Friday and Saturday Nights November 26 – December 24 6-10 p.m. Carriage rides are \$5 per person with the other holiday activities free of charge.

The Parker Arts Council is presenting "**A CHRISTMAS CAROL**" at a new venue at 5500 Boatworks Drive,

Centennial, CO 80126 weekends November 26 through December 19th, 2010 Saturday's 12 and 3 p.m. Sunday's 3:00 p.m. Purchase tickets online for \$11.00.

Colorado School of Dance presents "**THE NUTCRACKER**" in Parker at the Chaparral High School Auditorium December 18 and 19, 2010.

WINTER WONDERLIGHTS at The Wildlife Experience in Parker CO you can view the displayed light sculptures and lighted paths outdoors and visit with Santa and Santa's village

inside. Oh, and you should get a glimpse of real live reindeer too! The Winter Wonderlights runs from Dec. 11th through 24th every evening from 5:30pm to 8:30pm. Tickets are \$9 / adults, \$8 / seniors, \$6 / kids 3-12, 2 and under are Free. Tickets can be purchased online also and discount tickets are available.



Michael's Message

NAIL IN THE FENCE

There once was a little girl who had a bad temper. Her mother gave her a bag of nails and told her that every time she lost her temper, she must hammer a nail into the back of the fence.

The first day the girl had driven 37 nails into the fence. Over the next few weeks, as she learned to control her anger, the number of nails hammered daily gradually dwindled down. She discovered it was easier to hold her temper than to drive those nails into the fence.

Finally the day came when the girl didn't lose her temper at all. She told her mother about it and the mother suggested that the girl now pull out one nail for each day that she was able to hold her temper. The day passed and the young girl was finally able to tell her mother that all the nails were gone.

The mother took her daughter by the hand and led her to the fence. She said, "You have done well, my daughter, but look at the holes in the fence. The fence will never be the same. When you say things in

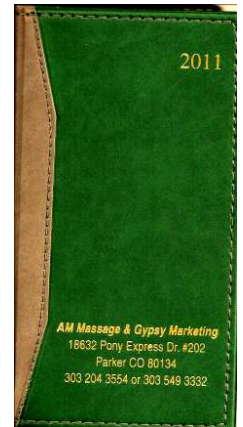
anger, they leave a scar just like this one." You can put a knife in a person and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one.

Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to us.

Remember guys, people usually don't remember what you said or did, but they do remember how you made them feel.



Namaste,
Michael



FREEBIE OF THE MONTH

Be sure to pick up your Calendar for 2011 - Get your planning done early.



Enter the "Count the Snowmen" contest to win a **FREE** Massage.

Most people don't remember what you said or did, but they remember how you made them feel.

Produced by **gypsy Marketing**
18632 Pony Express Dr. #202
Parker, CO 80134
303 549 3332
www.gypsy2008.com

DEAL OF THE MONTH