

Serving the east-metro
area including:

Aurora
Bennett
Centennial
Commerce City
Denver

THE CHAMBER Impact NEWSLETTER

JAN/FEB 2014

Upcoming Events

Meetings are held at the Chamber
office, 14305 E. Alameda Ave., Suite
300 - unless otherwise noted

JANUARY

Legislators' Breakfast

January 6 | 7:30-9 am
Community College of Aurora
16000 E. CentreTech Pkwy.
Aurora, CO 80011

Business for the Arts Committee

January 7 | 8 am

Tips and Leads 1

January 7 | 11:45 am

Transportation Committee

January 8 | 7:30 am

Ambassador Team Meeting

January 8 | 7:30 am

Leadership Aurora Board of Directors

January 8 | 3:30 pm

Healthcare Committee

January 9 | 8 am
*The Affordable Care Act:
A Survivor's Guide, with Shannon
Sheppard, certified Health
Coverage Guide*

Ribbon Cutting

January 9 | 12 pm
H&R Block
797 D Peoria St.
Aurora, CO 80011

Tips and Leads 3

January 13 | 11:45 am

continued on page 6

2013 Year in Review

Looking back with an eye to the future

The Aurora Chamber of Commerce has had another banner year - thanks to the great support of our business and community partners! If you ask anyone in the Chamber of Commerce business, they will tell you about their community's quality of life, its energy, broad



**Kevin
Hougen**

President & CEO

diversity, and underlying spirit. We all know that behind all great communities is a healthy economy, an economy that reflects hard work and vision. As we reflect on The Chamber's past year in an effort to glean the lessons of experience, it is important to commend the challenges met, regret the opportunities missed, and consider the direction we should take for the future. One constant, however, is that we have an outstanding organization of diverse business interests, who come together regularly with a single purpose - to enhance the atmosphere and health of our communities. Just a few highlights of this past year:

- **Transportation Committee**; work begins on **eight Transit Oriented Development (TOD)** sites, along with the opening of the new I-225 and 17th Place interchange.

- **Defense Council; Buckley Air Force Base** is the first Base in the country to complete its strategic planning for future growth with emphasis on Public/Private partnerships.
- **Healthcare Committee**; true to its purpose, **Destination Health** helps businesses navigate healthcare changes.
- **Colorado Freedom Memorial Dedication**; more than 5,000 men and women are honored from Colorado, who beginning with the Spanish American War, gave the ultimate sacrifice.
- **Energy Committee** stands up; working with our industry partners to ensure that the Oil and Gas industry grows in Colorado, while also working with oil and gas regulations.
- Chamber business leader's travel to **Washington DC**; they visit with key **Congressional** and **Pentagon** leadership, to educate and work for the growth and expansion of our military operations not only in Aurora, but in the entire State of Colorado.
- **Sister Cities** is reestablished; creating economic development, education, and tourism opportunities with our international partners.
- **Procurement Technical Assistance Center**; helps to secure more than \$600 million dollars in government contracts for Colorado companies. Colorado general assembly helps with funding of the program (\$200,000 grant).

[continued on page 2]

2013 — A year of exceptional people

Man of the Year
Mayor Steve Hogan



Woman of the Year
*Marsha Berzins
Aurora City Council,
Ward III*



Community Leadership
Chief Dan Oates



[continued on page 2]

Make your reservations now

Women in Business Committee's Unsung Hero Luncheon

February 28, 2014
Red Lion Hotel Denver SE
3200 S. Parker Rd. • Aurora, CO 80014
Guest Speaker: Comedy Works owner
Wende Curtis

Location change

State of the Base 2014 January 22, 2014

11:30 a.m. — Beck Recreation Center
(800 Telluride Street just off Sixth Avenue in Aurora)



facebook

YEAR IN REVIEW (con't)

- **Colorado** was hailed as the second best state to start a business by CNBC; we have the second highest population with a bachelor degree or higher, and Forbes named Colorado the best state for labor supply.
- Aurora has become the fastest growing College Town in the western United States.

Your membership and participation are investments in a brighter future for our communities. As community leaders we have both the responsibility and opportunity to make the eastern metro area better. It is a very rewarding and enjoyable experience.

Thanks for a great 2013.

Onward,
Kevin Hougen
President/CEO

Humanitarian
Chief Mike Garcia
(Aurora Fire Dept.)



Business Person
Rick Crandall
(CO Freedom Memorial)



Business for the Arts
Ed Duggan
(Music-Go-Round)



Humanitarian
David Patterson
(Rural Metro Ambulance)



Business
Advanced Circuits
(John Yacoub)



Ambassador
Terri Karjala
(Creative Counseling Center)



Chamber Leadership
Ron Weidmann
(Centennial City Council)



Small Business
Grandma's Handyman Svc.
(Yvonne Costin)



Ambassador
Howie Metz
(Quality 1st Plumbing)



Special Chairman's Awards for 2013

Dr. Randy Stith, *Aurora Mental Health*; George "Skip" Noe, *City of Aurora*; Ed Bozarth, *Ed Bozarth Chevrolet*; Lee Earnhart, *Chambers Wine and Liquor*; Mike Kehr, *Northrop Grumman*; *University of Colorado Hospital*; *Children's Hospital Colorado*; *The Medical Center of Aurora*; *Swedish Medical Center*; *Parker Adventist Hospital*

Dr. Betsy Oudenhoven appointed president of CCA

Dr. Betsy Oudenhoven has been appointed president of the **Community College of Aurora (CCA)** by Dr. Nancy McCallin, president of the Colorado Community College System (CCCS). Dr. Oudenhoven served as interim president for five months prior to her appointment. "Dr. Oudenhoven will assume the duties of permanent president immediately. Her work in and knowledge of the college and the community make me confident she will provide solid leadership for the college as



Dr. Betsy Oudenhoven

we move forward," said McCallin. "I am honored to be appointed the next president of the **Community College of Aurora**. I want to thank all of the individuals who have stepped up and worked hard during this transition to make sure that we have continued to serve our students to the best of our ability," said Oudenhoven. "CCA has a bright future and I am incredibly lucky to be a part of it." Prior to coming to **CCA**, Oudenhoven was the vice president of student development at Joliet Junior College in Joliet, Illinois, the nation's first

public community college. She has more than 30 years of experience in higher education and has worked at four-year public state universities in Wisconsin, Minnesota and New York, a four-year private university in Illinois, and four different community colleges. The Colorado Community College System comprises the state's largest system of higher education serving more than 159,000 students annually. It oversees career and academic programs in the 13 state community colleges and career and technical programs in more than 160 school districts and six other post-secondary institutions. ■



ChamberBoard

EXECUTIVE DIRECTORS

CHAIR OF THE BOARD
Jeff Thompson | University of Colorado Health

CHAIR-ELECT/SECRETARY
David Patterson | Consultant

IMMEDIATE PAST CHAIR
David Gruber | Cloud Worldwide, LLC

PAST CHAIR ONCE REMOVED
Mark Moses | Outback Steakhouse

TREASURER
Jason Altschuler | Westerra Credit Union

VICE CHAIR-COMMUNITY SERVICES
Craig Ward | Padgett Business Services

VICE CHAIR-BUSINESS DEVELOPMENT
Dwight Taylor | Rocky Mountain Law Group, LLC

VICE CHAIR-MEMBER SERVICES
Bob Jamieson | Mutual of Omaha

VICE CHAIR-PUBLIC ISSUES
Tom Henley | Xcel Energy

DIRECTORS

Randy Berner | Adolfsen & Peterson Construction
Larry Borland | CenturyLink
Lisa Buckley | American Automation
Reneé Gullickson | Wells Fargo Bank
Michael "Mickey" Hunt | Colo. Dept. of Military & Veteran Affairs
Shannon Jones | FirstBank
Cindy Kreutz | Healthcare Consultant
Todd Landgrave | Northrop Grumman
Peter Lee | Aurora Asian/Pacific Community Partnership
Alfonso Nuñez | La Cueva Restaurant
Suzanne Pitrusu | Community Banks of Colorado
Cheri Prochazka | Fitzsimons Credit Union
Ryan Simpson | The Medical Center of Aurora, HealthONE
Matt Weber | Kaiser Permanente

HONORARY DIRECTORS

Paul Suss | Suss Buick GMC
Colonel Floyd Dunstan | 140th Wing COANG
Barry Gore | Adams County Economic Development
The Honorable Steve Hogan | Mayor, City of Aurora
Bill Holen | Arapahoe County Commissioner
Wendy Mitchell | Aurora Economic Development Council
Cathy Noon | Mayor, City of Centennial
Gary Wheat | Visit Aurora

STAFF

Kevin Hougen | President and CEO
Naomi Colwell | Marketing Director
Chance Horiuchi | Business Development Director
Linda Lillyblad | Finance Director
George Peck | Senior Vice President
Paul Rosenberg | VP, Membership Development
Mitzi Schindler | Communications Director
Mary Beth Sharp | Member Services Director
Judy Booth | Volunteer

ASSOCIATES

Kathryn Lobdell | Procurement Technical Assistance Centers
Judy Emery | Healthcare Partnership Project Manager
.....
Mario Waller | Six & Six, inc. | Newsletter Design

THE CHAMBER'S MISSION
The mission of the Aurora Chamber of Commerce is to serve as a voice for the business community, acting as an advocate for its members on issues that affect their growth and long-term economic vitality.

DON'T FORGET: "Every employee of a Chamber member is a member of The Chamber"

Please route this issue to your sales reps, account managers, marketing directors, HR and PR departments. You can also access each month's newsletter online at our website, www.aurorachamber.org, so you can forward it to every employee in your company!

MemberNews

Cheryl Braunschweiger honored

Senior Loan Officer Cheryl Braunschweiger of **ALMC Mortgage** at NOVA Home Loans has been named a Five Star Mortgage Professional by *5280 Magazine* and *Five Star Professional*.

The award recognizes mortgage professionals for outstanding performance based on high client satisfaction ratings, experience, and production levels.

"Buying a new home or refinancing your home is a special time for most people,"

Braunschweiger noted. "The one part that can be a hassle is securing a loan. At **ALMC**, we focus on making the loan process as pleasant as possible. We treat clients the way we would treat a friend. And many of them have become friends."

A mortgage professional for nearly 20 years, Braunschweiger founded **ALMC Mortgage** in 1996. She joined the NOVA Home Loans team in 2012.



Cheryl Braunschweiger

Cunningham Fire Chief Rhodes honored

Chief I. Jerry Rhodes, Fire Chief of the **Cunningham Fire Protection District (CFPD)**, is the recipient of *The George Mazzotti Fire Chief of the Year* award for 2013 by the Colorado State Fire Chiefs at their annual Fire Leadership Challenge conference.



Chief I. Jerry Rhodes

According to the Colorado State Fire Chiefs website, "*The George Mazzotti Fire Chief of the Year* award honors an individual's positive contribution to leadership, innovation, professional

development, integrity, service to the public and contributions to the Colorado fire service as a whole." This award is especially significant to **Cunningham** because Chief Mazzotti was the longtime Chief of the North Washington Fire Protection District which shares many characteristics with **Cunningham**, including that both are special districts of about the same size, and both have a long history of success. In addition, Chief Rhodes had the opportunity to work with Chief Mazzotti on numerous occasions in his career.

This award exemplifies Chief Rhodes' belief that smaller career departments can be as

successful as much larger agencies. Last year's winner was Chief Qualman of South Metro Fire and Rescue, a neighboring agency of Cunningham's, thus further demonstrating the high quality of fire protection service provided to the citizens of the south and southeast metro areas.

Jim 'N Nick's Paul Bestafka honored as Grand Marshall of Veterans' Day Parade

The Military community is something very near and dear to **Jim 'N Nick's Bar-B-Q's** owner Paul Bestafka's heart. Every Memorial and Veteran's Day, Paul works with the Military Order of the Purple Heart to bring his slow-smoked, scratch-made barbecue to more than 100 veterans at the VA hospital. Paul and **Jim 'N Nick's** have supported Veterans through their work in conjunction with **Buckley Air Force Base**, Schriever AFB, and numerous other military organizations. It was because of this community involvement that Paul was nominated as the Grand Marshall of the Veteran's Day Parade.

Paul's brother, Commander Thomas Bestafka is currently serving overseas as a member of the USN Seabees, and Paul's father proudly served in the US Air Force. Paul hoped to honor his brother and father, as well as all members of the military who have served and are currently serving. Paul said, "Being Grand Marshall of the Veteran's Day parade was biggest honor I have ever received. Of all the work we do in our community, serving veterans is the nearest to my heart."

Subway donates to Habitat

Montee Malhotra and his brother Sean, owners of the **Subway** at 8450 E Iliff Ave., donated 500 sandwiches in October of 2013 for the **Habitat for Humanity** volunteers who were building 11 new homes and doing repair work on 15 existing homes in the Denver Globeville neighborhood.

"It was a great experience," said Montee. "We got to meet with the volunteers, and to learn about the **Habitat for Humanity** foundation — which is a great cause. We were both very proud to be a part of the event. ■"



Montee and Sean Malhotra

First families move in at Fairfield Village

The first four families recently moved into their new homes at Fairfield Village by **The True Life Companies**. The homes are maintenance-free, ranch style duplex patio homes, priced from the mid \$200,000s to mid \$300,000s, and are designed to capture the essence of simple living, paired with flexible living spaces. The development is located near I-70 and E-470, making it easy for residents to get to downtown Denver, the Denver Tech Center, or the mountains.

Fairfield Village has four floor plans, ranging from 1,364 to 1,757 square feet, with two to four bedrooms. The homes have two-car attached garages, patios, and yards, and all feature open floor plans, as well as natural materials throughout. **The True Life Companies** currently has several residences under construction anticipated for completion in spring 2014.

The True Life Companies is a strategic real estate investment and management firm



The Hendrix family stands in front of their new home at Fairfield Village at Quincy Reservoir. They are the first family to move into the community.

composed of top-tier professionals with over 250 years of combined industry experience in acquisitions, development, management and homebuilding.

For more information about Fairfield Village, go to www.FairfieldVillage.info. ■

RibbonCuttings



Where merchant services and technology come together — at **MersaTech**! Chamber member Mary Beth Stenzel, Senior Account Executive with **MersaTech** (far left in orange) is happy to let **MersaTech** Senior Vice President Michael Langfield do the honors of

cutting the ribbon at the ceremony held November 19, 2013. MersaTech services the ever-changing needs of the merchant bankcard marketplace, including merchant accounts, payment processing, check services, gift cards, loyalty card programs, credit card processing, and processing equipment. They also specialize in Mobile Apps for businesses. You can reach **MersaTech** at www.mersatech.com or by calling their toll free number, 866-777-7409.



Renovation Celebration! — On November 13, 2013, the **Hawthorn Suites by Wyndham** hosted a lively Chamber Business Before Hours and celebrated a ribbon cutting for the recent renovation of the hotel — at which Sales Manager Francisca Headrick made the ceremonial cut! **Hawthorn Suites by Wyndham** is at 6780 S. Galena St. in Centennial, Colo., and is located near Meridian Business Park and the Inverness business area. It's also pet friendly, and has free Wi-Fi and fully equipped kitchens. The hotel can be reached at 1-303-792-5393.



Art that makes you feel and explore — Contemporary Fine Artist **Suzanne Wodark Sanderson** celebrated her ribbon cutting at the December Business After Hours and Holiday party. It was a festive occasion, and her artwork sparked a lot of interest from attendees of the event. **Suzanne's** career in art spans more than 20 years, and her commitment to inspiring human beings to embrace the diversity around them has led her through all forms of painting and subject matter. Her works are often noted for their elegance, and technique, with a style that incorporates recognizable subject matter with abstract expressionism. You can view some of her work at www.suzannewodarksanderson.com.



A great way to create! — Jessica Busey is thrilled to cut the ribbon for her new business — **The Paint Cellar** at 24291 E. Orchard Rd., Unit A, at Southlands. **The Paint Cellar's** concept is to enjoy a cocktail or two and let your creative juices flow in a fun and relaxed atmosphere. The process is easy; (1) pick the work of art you would like to paint, and (2) sign up online, in-person, or over the phone for that session. During class, instructors walk you through the artistic process to create a one of a kind masterpiece. And, no painting experience is necessary. At the end of the session, you take home a masterpiece that is uniquely yours! Take a look at the possibilities at www.thepaint-cellar.com or call (303) 627-5483 for more information.



A fashion lover's dream - Mainstream Boutique, a chain of women's clothing and accessories boutiques opened its first Colorado location in October, at 24291 E. Orchard Rd. Unit D, in Southlands. Left to right in inset, are store manager Renee Bergstrom and owner Dawn Johnson, who were excited to cut the ribbon for the store, which defines itself as a middle ground between high-end independent boutiques and less-expensive chain stores. The target clientele is all ages, all sizes, and specifically those who are always on the lookout for something out of the ordinary - at affordable prices. To contact **Mainstream Boutique**, call 303-627-5467.

A huge "Thank You" to our 2013 Chamber member event hosts:

- Aloft Denver International Airport
- Arapahoe County Fairgrounds and Regional Park
- CDIS Sign Design and Print
- City of Aurora
- Community College of Aurora
- Crowne Plaza Hotel DIA
- Doubletree by Hilton Denver - Aurora
- Drury Inn
- Ed Bozarth Chevrolet
- Fairmont Mortuary and Cemetery
- Front Range Airport
- Goodwill Industries of Denver
- Hampton Inn and Suite - DIA Gateway Park
- Hawthorn Suites by Wyndham - DTC
- Hilton Garden Inn Denver Airport
- Holiday Inn Denver East Stapleton
- Homewood Suites by Hilton DIA
- Jason's Deli
- Majestic Realty Co.
- Plains Conservation Center
- Red Lion Hotel Denver Southeast
- Renaissance Denver Hotel
- Residence Inn - Denver Airport
- Sears Home Appliance and Mattress Showroom
- Seven Hill Veterinary Hospital
- Shalom Cares
- Staybridge Suites
- The Medical Center of Aurora
- Woody Creek Cafe

Kimberly Curtis moves on to next career adventure

After 25 years at The Aurora Chamber of Commerce, Leadership Aurora Program Director Kimberly Curtis is moving on to work with her husband, John, in his company John Curtis Design.

Kimberly began her long-standing career with The Chamber as the office manager, and after a year on the job, left for another position. That only lasted a few months, as the then Chamber President Ben Lewis called to ask Kimberly to return. Since then, the Leadership Aurora Program has been well managed and thriving under her direction.

The stories she could tell... but won't; the issues she has smoothed over without anyone

noticing; and the snacks and water she has schlepped! But all kidding aside, Kimberly has certainly been the guiding force behind

the Leadership program, as well as a much-valued member of The Chamber team. She has always been ready and willing to pitch in and help, and to offer her wisdom and kind words as needed.

Kimberly will be greatly missed by The Chamber staff — and by all of her present and past "students." Please join us in wishing her the very best at a reception in her honor on February 12, 5-7 pm, at the DoubleTree by Hilton Denver-Aurora, at 13696 E. Iliff Pl., Aurora, CO 80014. ■



Kimberly Curtis



Media Day banter



Leadership Aurora Class members have some fun during December's Media Day session at the **City of Aurora's** Channel 8 Studios. Left to right, front row, seated: Christina Stump with **Buckley Air Force Base**; Sean Choi, with **FirstBank**; Michael Lawson, with the **City of Aurora**; Isaac Saka, with the First Presbyterian Church of Aurora; and Helen Miller, with **Citywide Banks**, all exclaim, "He started it!" and "Unh-huh! She did!" And, the rest of the class seemed to be saying the same things!

Upcoming Events

Upcoming Events (con't.)

Tips and Leads 2
January 14 | 7:30 am

Lunch and Learn
January 14 | 12 pm
Reframing Your Business
Productivity Model with Danny Odalen

Chamber Board Executive Committee
January 15 | 7:30 am

Member Orientation
January 15 | 12 pm

Public Issues Committee
(formerly Government Affairs, Education, and Energy Committee)
January 16 | 7:30 am

Leadership Aurora Education Session
January 16 | 7:30 am-5 pm
Meet at Cherry Creek School District Institute of Science and Technology-Lecture Hall
12500 East Jewell Ave.
Aurora, CO 80012

Ribbon Cutting
January 16 | 12 pm
H&R Block
1155 S. Havana St.
Aurora, CO 80012

Young Professionals
January 16 | 4-6 pm
Economic Development Impact of Microbrews in Colorado

Defense Council Executive Committee
January 17 | 8 am

Martin Luther King Day
January 20
Chamber Office closed

Tips and Leads 1
January 21 | 11:45 am

Chamber Board of Directors
January 22 | 7:30 am

State of the Base
January 22 | 11:30 am
Beck Recreation Center
800 Telluride St.
Aurora, CO 80011

Business After Hours
January 23 | 5-7 pm
Garden Plaza of Aurora
14221 E. Evans Ave.
Aurora, CO 80014

Tips and Leads 3
January 27 | 11:45 am

Tips and Leads 2
January 28 | 7:30 am

Women in Business
January 28 | 12 pm

ChamberMaster Training
January 29 | 12 pm

Ribbon Cutting
January 30 | 12 pm
H&R Block
1468 Iola St.
Aurora, CO 80014

FEBRUARY

Business for the Arts
February 4 | 8 am

Tips and Leads 1
February 4 | 11:45 am

Transportation Committee
February 5 | 7:30 am

Public Issues Meeting
February 6 | 7:30 am

Lunch and Learn
February 6 | 12 pm
Colorado Healthop: Updates in Healthcare Reform

Tips and Leads 3
February 10 | 11:45 am

Tips and Leads 2
February 11 | 7:30 am

Ambassador Team Meeting
February 12 | 7:30 am

ChamberMaster Training
February 12 | 12 pm

Leadership Aurora Board Meeting
February 12 | 3:30 pm

Healthcare Committee
February 13 | 8 am
Center for Human Simulation,
Anschutz Medical Center
Education 1 Bldg., 5th Floor
13070 E. 19th Ave.
Aurora, CO 80045

Ribbon Cutting
February 13 | 12 pm
H&R Block
3108 S. Parker Rd., D-7
Aurora, CO 80014

Young Professionals
February 14 | 12 pm
(moved from February 7)
Q&A with Mayor Hogan

Presidents' Day
February 17
Chamber Office open

Tips and Leads 1
February 18 | 11:45 am

Chamber Board Executive Committee
February 19 | 7:30 am

Public Issues Meeting
February 20 | 7:30 am

Leadership Aurora Healthcare Session
February 20 | 7:30 am-5 pm
Meet at Spalding Rehabilitation Hospital - Inpatient Dining Room
2nd floor
900 Potomac St.
Aurora, CO 80011

Ribbon Cutting
February 20 | 12 pm
H&R Block
7150 Leetsdale Dr., Ste. 130
Denver, CO 80224

Tips and Leads 3
February 24 | 11:45 am

Tips and Leads 2
February 25 | 7:30 am

Chamber Board of Directors
February 26 | 7:30 am

Business After Hours
February 27 | 5-7 pm
Embassy Suites Hotel
Denver Stapleton
4444 N. Havana St.
Denver, CO 80239

Women in Business Committee's Unsung Hero Luncheon
February 28 | 11:30 am
Red Lion Hotel Denver SE
3300 S. Parker Rd.
Aurora, CO 80014



Forsberg-Engerman Company

Specializing in Commercial Insurance and Bonding; We will evaluate and enhance your existing policies by providing additional services and Peace Of Mind at NO Additional Cost to the Client.....

Donna Thiel, Senior Broker
Forsberg-Engerman Company
Phone: 720-935-5507
donna@forsberg-engerman.com

Founded in 1979 and
One of the Top 25
Brokers with Pinnacle
Assurance

Direct 303.653.2812 Fax 303.552.9977
Helen@SCGHomes.com
www.SCGHomes.com



Helen STAMPLEY
REALTOR®




Buying or Selling, I CAN HELP!



Resolutions? Make sure you get it right for your health

Heading into the New Year, it's time to start thinking about what you want to change — which can become your 2014 resolutions.

Everyone's goals are different, but some of the most popular resolutions are about getting fit, eating better, losing weight, or otherwise becoming healthier. These are all great goals — and they can also help control your risk of developing cancer. But how can you make sure you keep those resolutions past January? Here are three of **Catch it in Time's** favorite tips:

Choose resolutions that you're passionate about

Does your resolutions list look like a lengthy list of things you know you SHOULD be doing instead of things you WANT to do? That's a sure sign you probably won't still be adhering to those ideas come June. Like a recent Forbes article states, "connect your resolutions to those things that give you a deeper sense of purpose and align with your core values."

In other words, don't resolve to lose weight just because everyone else is doing it.



Emily Singer is the director of Social Media for Catch it in Time.

If you really want to include weight loss in your resolutions, figure out why it's so important to you. Is it because losing weight will make you look and feel sexier, or because slimming down will help you be healthier overall and lower your cancer risk? Figure out why you're picking these resolutions and remember that deeper meaning as you move forward.

Get support and be accountable

You don't have to work toward your resolutions on your own! Ask friends and family to help support and keep you on track. Maybe your cousin will go jogging with you in the mornings, or a friend will help you cook healthier meals a few times a week. The American Psychological Association says that "accepting help from others strengthens your resilience and your ability to manage stress caused by your resolution."

And, especially if one of your goals is to be healthier or reduce cancer risk, stress is important to manage! Though stress doesn't have a direct link to your risk of developing cancer, it can lead to unhealthy habits, like smoking or overeating, which does increase

your risk. So, find a support group — whether that's friends and family, a professional psychologist, or someone else — and make sure to keep them updated on your progress.

Be gentle with yourself

Don't beat yourself up about mistakes or mishaps. Everyone has setbacks when it comes to goals and resolutions, so you're not alone. But beating yourself up about every little misstep is just going to make it harder to get back on the wagon. Like eating for cancer prevention, it's the overall pattern that matters, not individual foods or meals.

When you do make a mistake, reflect on why it happened, what you can learn from it, and move on. Everyone has bad days, and it's okay — as long as you get back in the saddle when you can.

What are your resolutions for 2014? How do you plan to make them a reality? Tell us on the **CiiT** Facebook page! ■

.....

CiiT is dedicated to promoting cancer prevention and early-detection awareness by sharing up-to-date information and inspirational stories with the public. CiiT empowers people across the world to take action and be proactive with their health in an effort to reduce the cancer fatality rate.

Create something magical this year

Creative Counseling Center loves sharing tools to help people create a life of hope, harmony, and happiness. This year, instead of the normal New Year's resolutions, let's try something a little different.

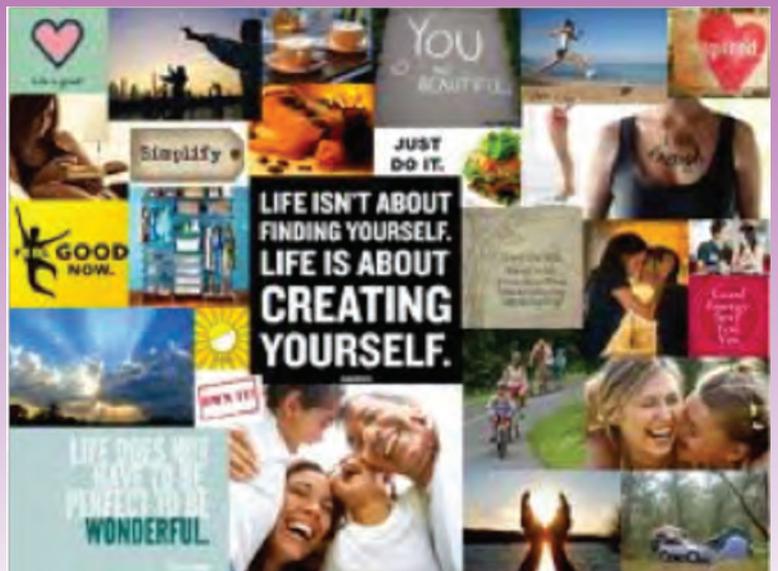


Terri Karjala

Take some time to look at what your vision is for the upcoming year and then be a kid again and cut, paste, and create a "vision board." Research shows that the brain thinks in terms of pictures. Vision boards may also help in goal achievement by programming Reticular Activating System found in the brain. Post your vision board where you will see it every day - to start and end your day. Dream BIG! ■

.....

Terri Karjala is the owner of Creative Counseling Center, LLC, and is licensed in the State of Colorado as a Professional Counselor as well as a Marriage and Family Counselor.



Sample vision board: Cut and paste things onto your vision board that you want to see in your own life.

Aurora Small Business Development Center seminars: January and February 2014

The Aurora Small Business Development Center provides free business counseling by appointment, as well as a variety of seminars to assist business owners.

Take a look at the January and February 2014 seminar schedules - there might be something just right for your business:

JANUARY

Starting an Online Business

Wed., January 8th
9:00 am - 12 noon, Free

Marketing Your Business

Thurs., January 9th
9:00 am - 12 noon, \$30

Legal Rules of Business

Tues., January 14th
1:00 - 4:00 pm, \$30

Aurora Business Licensing & Sales Tax

Wed., January 15th
9:00 am - 12 noon, Free

Starting a Business

Thurs., January 16th
9:00 am - 12 noon, Free

Social Media Marketing

Tues., January 21st
9:00 am - 12 noon, \$30

Writing a Business Plan

Thurs., January 23rd
9:00 am - 12 noon, \$30

Look Before You Lease

Wed., January 29th
9:00 am - 12 noon, Free

FEBRUARY

Starting a Restaurant

Tues., February 4th
9:00 am - 12 noon, \$30
A collaboration with Tri-County Health Dept.

Financing Your Business

Thurs., February 6th
9:00 am - 12 noon, Free

QuickBooks for Beginners I & II

(two sessions)
Wed., February 12th & 19th
9:00 am - 12 noon, \$60
QuickBooks I is pre-requisite; QuickBooks II provides hands-on learning.

Starting a Business

Thurs., February 13th
9:00 am - 12:00 pm, Free

Fundamentos de Negocio

jueves, 20 de febrero
1:00 - 4:00 pm, gratis
Llaman (303) 632-0245 para inscribirse con Doña Inéz (agnes@atc-associates.com).

For more information:

See 2014 seminar calendar online:
<http://aurorasbdc.com/calendar>

Registration:

www.aurorasbdc.com/current-seminars

Payment:

<http://apps.auroragov.org/EventRegistration>
(click on Aurora SBDC for seminar list)
Visit www.aurorasbdc.com (see map under "Contact" and Cancellation Policy under "Seminars").

Member Renewals

A Cubed Quality
AFLAC - Reeves
Aurora Gateway Rotary Club
Aurora Law Firm
Balancing Books, Inc.
Bhavikatti Architecture LLC
Buckingham Oaks Condominium Assoc.
Centennial Leasing and Sales
Chambers Wine & Liquor
Children's Hospital Colorado
CollegeAmerica
Colorado Medical Waste, Inc.
Colorado Tire & Service
Comcast
Component Specialties, Inc.
CSL Plasma
DK Promotions Colorado
Felsburg Holt & Ullevig
First Citizens Bank
FirstBank - Aurora, Havana
Fraternal Order of Eagles - Aurora Aerie
Freund & Company
Havana Pharmacy and Medical Supply
Haynie & Company
High Country Coatings

Hillcrest Village
Holiday Inn Express Denver/ Aurora - Medical Center
Iron Mike Construction LLC
Kirchhof Group, Inc.
L&L Hawaiian Barbecue
La Cueva Restaurant
Mary Kay Cosmetics-Suzanne Waffle
Minor & Brown PC
Padgett Business Services
Pickens Technical College
Precision Glassblowing of Colorado
Ridgeview Eagle Bend Owners Association
Rocky Mountain Law Group, LLC, The
Rosser, Michael
Salvation Army, The
Security Service Federal Credit Union
Springhill Suites Denver @ Anschutz Medical Campus
Steve's Internet Marketing And Social Media
TownePlace Suites - DIA at Gateway Park
Turner Construction Company
USO Denver
Vintage Electrical Services
Watson & Co., Inc.
Wilderness Logistics/Cagney Group

New Members

A La Source Refugee Ministry
AllStaff HomeCare, LLC/ Allstaff Medical
American Family Insurance - Doug Robinson
Automotive Avenues
Bear Paw Construction & Roofing LLC
Big Rock Roofing and Exteriors
Cedar Creek Pub
Cindy Kreutz
Colorado HealthOp
H&R Block- District Office
India's Cuisine
Level Up Mac, LLC.
Mainstream Boutique
Nerium International
O.L.P. Management Company Inc.
Ricks, Naquetta for CU Regent
Safesplash Swim School
Village at City Center
Condominium Association
Woolley's Classic Suites, LLC

The IMPACT is published for the members of the Aurora Chamber of Commerce. Subscription rate to nonmembers: \$50/year.
Advertisers: The Chamber members—use the IMPACT to advertise your products and services to over 1700 Aurora Chamber members.
Advertising space only available to members. The IMPACT also accepts preprinted inserts. Contact The Chamber for details.
Deadlines: the 10th of the month prior to publication.

14305 E. Alameda Ave Ste. #300
Aurora, CO 80012
303-344-1500 • Fax 303-344-1564
website: www.aurorachamber.org