

SPRINGS

SPRING 2011

Magazine

**SKY SOX
SEASON
PREVIEW**

2011 SENIORS
**SPRING
FORWARD**

AND FACE THE FUTURE

**NATURAL
MAKEUP 101**

BULLYING

THE HAZARDS OF
GROWING UP

THE VALUE OF A
GREAT EDUCATION

MOTHERS & DAUGHTERS
A LOVE LIKE NO OTHER

Editor's Note



One of the great joys of publishing a magazine is the opportunity to work with such amazing, intelligent and inspiring individuals. From eight year olds, teenagers, influential teachers and professors, small business owners and leaders of organizations, each individual has given me hope and support beyond measure. Without their support, this magazine would not be possible. I strongly encourage you to pay it forward by supporting all of our participants, contributors and advertisers. We are so blessed and hope that in turn, you are blessed with the Spring Issue.

Without doubt we live in troubled days. It is evident that not only our community but the world has become an ever-changing and unpredictable place to live. Yet, the people in our community continue to inspire, uplift, support and bring hope to us all. In this issue, we share stories with you that ideally will have an impact on you. We feature not only the exciting milestone of our graduating seniors but also other individuals and organizations that are making a difference in our community.

As we all face the future, albeit nervous, afraid or excited, I hope we continue to find ways to consistently support and encourage one another, as I believe this is absolutely critical to each individual's success. My intention with this issue is to not only encourage and uplift, but to also liberate the leader in us all. We, the ordinary folk, are capable of extraordinary things...If, we just BELIEVE.

I hope that regardless of age, position, trade or profession, that each one of us is able to walk through life eager and open to what life has to bring and that we remind ourselves daily that we have the potential to become all that we can be. Yet, we cannot do this without each other. We must all stand for something larger than just ourselves. Let us all face the future without fear as we continue to celebrate our milestones, support those in need and contribute to our community's future.

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On The Cover: Clockwise Richard Josiah, Sierra HS; Christopher Sterling, Sierra HS; Eddie Barnes, Sierra HS; Shanna Miller, Cheyenne Mountain HS; Catalina Williams, Cheyenne Mountain HS; Katie Marquard, Pine Creek HS; Audrey Schofield, Ponderosa HS; Jordan Pieper, Ponderosa HS; Kourtnee Dixon, Pine Creek HS

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Ryan Ross, Pine Creek HS; Scott Dreher, Air Academy HS



Audrey Schofield and Jordan Pieper, Ponderosa HS



Melissa Peterson and Taylor Bryerton, Falcon HS



Catalina Williams, Cheyenne Mountain HS; Kourtnee Dixon, Pine Creek HS

Class of 2011



Natalie Varnet, Lewis-Palmer HS; Katie Marquad, Pine Creek HS



Christopher Sterling, Richard Josiah and Eddie Barnes, Sierra HS

Not pictured: Amanda Lopez, Cheyenne Mountain HS; Brice Queener, Discovery Canyon Campus; Gabriel Kruse, Palmer HS; Greg Gius, Coronado HS; Rob Anderson, Discovery Canyon Campus



Christi Cummings, Rampart HS; Hali Woods, Doherty HS



Christi Cummings, Rampart HS; Melissa Peterson, Falcon HS; Ryan Ross, Pine Creek HS; Taylor Bryerton, Falcon HS; Scott Dreher, Air Academy HS; Hali Woods, Doherty HS



Christopher Sterling, Sierra HS; Catalina Williams, Cheyenne Mountain HS; Katie Marquad, Pine Creek HS; Shanna Miller, Cheyenne Mountain HS; Richard Josiah, Sierra HS; Eddie Barnes, Sierra HS; Kourtnee Dixon, Pine Creek HS; Jordan Pieper and Audrey Schofield, Ponderosa HS

FIND YOUR FITNESS

Shawnda Hibbeler

As we go about our busy lives, our fitness needs do not often come to mind. In fact, many of us only give thought to the 15 pounds we think we need to lose. Learning to incorporate fitness into our daily routine is where the biggest obstacle is for most of us. Many of us would truly benefit from being more physically fit; we simply do not want to devote the time it would take to condition our bodies. We would rather sit at the table and chat with our friends or tune in to the latest hit television series, than devote thirty minutes each day to our health.

Aside from the fitness enthusiasts, like local resident and friend Christy Dillon, most of us struggle to find not only the best way to get fit, but also the best way to get motivated—and stay motivated. With Colorado Springs being one of the fittest cities in America, we should all be fit. But the opposite is true for many of us. So how and why has this happened?

For most of us, when we start thinking about getting fit, we think of pedaling furiously on a stationary bike or sweating to death on a treadmill and extreme exhaustion come to mind. Fact is, most of us have a very hard time getting motivated to exercise. However, with swimsuit season approaching fast, many Springs residents may find themselves searching for just the right fitness program that gets them off the couch.

Research shows to avoid dreading exercise, one must discover what types of exercise you actually enjoy; if you like the fitness activity, you are more likely to incorporate it into your daily life, which is key to your success. Varying your workouts, adding a challenge or attempting new things may just be the thing that gets you moving.

The Colorado Springs community offers a variety of fitness programs that will add a bit of fun, excitement and variety to your workouts. Each type of fitness has a different benefit for the body. For optimal results, mix and match your fitness activities.



SPRING TIME SKIN

Rebecca Johnston

Coloradoans come to me to help solve their skin problems. Whether they are primarily concerned about aging issues, problem skin or maintaining healthy skin, my clients discover that 80% of their success is taking the tools I teach them and the products I prescribe and becoming attentive to their skin at home.

Here are a few success tips for having the most touchable and glowing skin you've ever imagined.

- **Ban Bubbles**—Cleansers that bubble give a squeaky clean feeling that is a warning that your skin has been stripped of its protective barrier. Even if you struggle with oily skin, use a milky cleanser like **Lait VIP02** that cleanses, soothes and treats.
- **Secret Weapon**—Follow your milky cleanser with the European secret weapon, **P50(V)**, the facial in a bottle. Energize, oxygenate, balance, gently exfoliate, hydrate, feed ... the list goes on. Undoubtedly your single most important tool, regardless of skin type.
- **Layer**—Serums will give you the added nutrition you need. Choose wisely. Here we want high percentages of active ingredients that make a difference. Silk and hyaluronic acid will further protect your skin when the wind blows.
- **Top it off**—Those yummy treatment serums you applied need to be wrapped and sealed in. A thick cream that just sits on top can clog your skin and cause problems. A moisturizer that feels light and delicate will likely not be enough protection for Colorado, even if you have oily skin. Look for a cream that both penetrates and protects. **EOR** from *Biologique Recherche* is a great choice. If you struggle with any skin problem, **Crème Dermopurifiante** will literally save your skin.

A few extra tips

- **Hydrate, Hydrate, Hydrate!** Drink more water than you think you need. And give your face a spritz during the day. Try **L'Eauxgenante** to calm your skin with hyaluronic acid and anti-oxidants. Spritz right over makeup.
- Over-exfoliation can be a problem. Stick those scrubs in the back of the cabinet.
- Masques return huge dividends. Avoid drying

masks and give your skin an extra dose of moisture and calm. Mask before and after a big day of outdoor activity. Try **Masque Visolastine**, you'll love it.

- Don't forget sunscreen every single day. Clouds and haze don't stop those persistent UV rays. Focus on high zinc content and low or no chemical screens.
- Don't be tempted to linger too long in a nice hot shower, or sit very long in the hot tub under our remarkable Colorado skies. In this arid climate, hot water will dehydrate your skin, both face and body, faster than you can imagine. Use some common sense and don't linger too long.
- If you've enjoyed a warm (not hot) bath or shower, or soaked for a while in the hot tub followed by a good rinse, quickly slather on the lotion and/or oils to seal in the moisture. Every minute you wait after you pat dry, the skin loses moisture.

We can get through any season both enjoying the beauty of Colorado and protecting our skin so it, in turn, can protect us!

Rebecca Johnston is the owner and lead esthetician of Avarya Skin and Body Care in Colorado Springs, Colorado. A skin fitness expert, she guides her clients toward lifestyle and treatment options that produce the maximum results for skin health.



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