### Serving the east-metro area including:

Aurora Bennett Centennial Commerce City Denver



### 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

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

President & CEO 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).

### 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**



#### 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 vlagus.
- 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

**Business** 

Humanitarian

David Patterson

(Rural Metro



Small **Business** 

Chamber

(Centennial

City Council)

Leadership

Ron Weidmann



Grandma's Handyman Syc. (Yvonne Costin)



Ambassador Howie Metz (Quality 1st Plumbing



### (Music-Go-Round)



Terri Karjala (Creative Counseling Center)



### **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

Oudenhoven

Dr. Betsy

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

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 Community College of Aurora 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 postsecondary 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 Altshuler | 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 | Adolfson & 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,"



Cheryl Braunschweiger

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

### **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* 



Chief I. Jerry Rhodes

of the Year award for 2013 by the Colorado State Fire Chiefs at their annual Fire Leadership Challenge conference.

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 lliff 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. The 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 everchanging 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

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** 

Majestic Realty Co.
Plains Conservation Center
Red Lion Hotel Denver Southeast

### 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** 

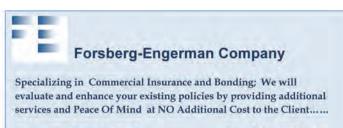
February 26 | 7:30 am

**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



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 Pinnacol Assurance



### **MemberContributions**

# **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:



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

### Get support and be accountable

forward

If you really want to include

to you. Is it because losing

feel sexier, or because

you're picking these

weight loss in your resolutions,

figure out why it's so important

weight will make you look and

slimming down will help you be

healthier overall and lower your

resolutions and remember that

deeper meaning as you move

cancer risk? Figure out why

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-todate 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.

### 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.

### **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! ■

Teri 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 Llamen (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 Cancelation Policy under "Seminars").

### **MemberRenewals**

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

First Citizens Dank

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.

Wildernest Logistics/Cagney Group

### **NewMembers**

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. Naguetta 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