

THE CARBON VALLEY AREA **FREE** Consumer Report

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SERVING SW WELD COUNTY SINCE 1999:

DACONO, FIRESTONE, FREDERICK, ERIE, AND MEAD

Creating Community By Connecting Neighbors

"...YOU HAVE TAKEN AWAY MY SORROW AND SURROUNDED ME WITH JOY." Ps 30:11b

You Can Put "Words Anywhere"

By Trish Rife

"Words Anywhere" is a custom vinyl lettering business that began approximately 3 1/2 years ago. Owners Ben and Tasha Wasden (below right), Firestone residents, began the business after Tasha's brother, who owned a sign shop for many years, noticed how many people wanted smaller jobs done. Ben saw the opportunity for secondary income, while Tasha saw the fringe benefits of spreading joy to their customers.

"Everything's positive," said the mother of three. "People love it. Everyone has something to say, and now even renters can make their statement and won't have to worry about what happens when they move out." Because so many customers have enjoyed their products, the original idea of his "secondary income" has blossomed into becoming Ben's full-time job. Staff members Renee Zsidisin and Jenny Knudsen (photoed on the left) have worked alongside the Wasden's until the wee hours of the morning from the beginning.

They offer a product that is cleaner and easier than stenciling, won't damage surfaces and offers a painted on look. I witnessed the wording being placed on a wall, and the removal was just as simple.

If you have a favorite phrase, an idea, a well loved proverb, scripture, etc., now you can order whatever you'd like to express yourself or your business for far less expense than a typical sign shop requires. This is a great alternative to expensive decorating and can make any space personalized and special. With 29 colors and 163 different



FRPA—continued from page 1

very seriously our role as business owners and healthcare providers. We try to be very integrated into the community."

The group therapy they offer consists of a small group of children or adults, usually no more than 10 people. Group members come together approximately once per week to receive support, guidance, and connection related to a specific struggle these individuals might have in common. Dr. Smith and Engel offer a wide variety of groups throughout the year. At FRPA, there are groups for children and adults, as well as mixed-gender and single-gender groups. Also, during the summer months, FRPA offers extended summer group camps to address a myriad of child and adolescent issues. Right now, FRPA is offering an Anxiety Group for Children, and ADHD for Children, as well as a group for Overweight or Obese Women. This summer, they will be offering five groups, including: Anger Management for Children, Friendship Skills Group for Girls, Divorce Group for Children, Creative Solutions to Challenging Behaviors, and Sports Performance for Kids.

At FRPA, they are pleased to announce their new sport and performance skill-building group. This group will benefit children ages eight through twelve years of age with the added expertise and experience of Marissa Berman. The program is not

limited to athletes. It is designed for those who want to develop better skills in anxiety management, setting goals, fine tuning focus and concentration, and more. Musicians, public speakers, performers of all sorts, and others will learn skills necessary to excel.

Berman is currently a doctoral candidate in the clinical Psychology program at the University of Denver. Not only is Berman an intern at the Colorado State University Health and Counseling Center, she is an accomplished athlete. She was a member of the US Ski Team for inverted aerials from 1997-2001 and competed at the World Cup level. While on the US Ski Team, she was a national champion and world cup medalist. Berman (r) was recognized in 2000 as the Ultimate Airwave Champion for inverted aerials and the top ranked US female athlete for inverted aerials. Her background has an abundance of volunteer work, and she knows how to reach her goals.

Sports Psychology is the scientific study of the behavior of people in sport.



New Skills Group for Kids

By Trish Rife

Dr. Stephanie Smith (l) and Dr. Bridget Engel (r) met in graduate school and graduated



together in 2003. They worked together in Westminster, and opened their psychology practice, Front Range Psychological Associates, (FRPA), a little less than two years ago. Both having doctorate degrees in psychology, they offer counseling and therapy for numerous issues. "We offer skill-based groups for children that teach skills and helps facilitate friends within the group. It's been a wonderful experience because we try to be very family centered and very involved in our community," said Dr. Smith. "We take

They recognize how participation in exercise and physical therapy enhances a person's development. Beginning in the 1970's, sports psychology became part of curriculum on campuses across the nation. The kinesiology programs taught students how to develop positive attitudes in athletes. Many people can benefit from sport psychologists. Athletes, or anyone in a goal-oriented or high-pressure situation can learn how to improve their performance and can find motivation to overcome the pressures of competition.

"We try not to be stereotypical," says Smith. "Our kids have a lot of fun." FRPA is pleased to be offering the sport psychology program beginning the second week of June. Call 303-828-3080 for more information, or visit www.FrontRangePsychology.com for more information. They are located at 526 Briggs St. in Erie.



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SUNScapes, LLC Your Yard & You



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Summer Groups for Kids

Groups include:

- Kids and Divorce
- Friendship Skills for Girls
- Anger Management for Kids
- Challenging Behaviors and Creative Solutions
- ...and new this summer...
- Performance Skills for Kids



Boys and Girls ages 8-13

Starts week of June 9th
Space is limited-pre-registration is required

303-828-3080

www.frontrangepsychology.com

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526 Briggs Street • Erie, Colorado 80516