

Briefing

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DENVER PUBLIC SCHOOLS BOARD OKS MIDDLE SCHOOLS BUT DELAYS OPENING THEM

In a split vote, the Denver school board has approved three more middle schools — but none will open right away. They join more than 20 schools awaiting build-ings.

That could happen if the district closes a struggling school or builds a brand new one. But slowing enrollment growth means the district will likely not build many schools in the coming years.

Nineteen of the schools waiting for a campus were proposed by four homegrown, high-performing charter school networks. The district's largest charter school network, DSST, has eight middle and high schools waiting to open.

District officials said they plan to spend time over the summer

thinking through these concerns.

Melanie Asmar, *Chalkbeat Colorado*, chalkbeat.org/co

DENVER SCHOLARSHIP FOUNDATION

The board of directors has elected John Ikard as its newest member. The foundation is committed to closing long-standing educational and economic achievement gaps through college access and success.

Ikard started with FirstBank in 1981 and was elected president and CEO of FirstBank Holding Co. in 1999. He stepped down as CEO in 2017 but continues on the board.

"Giving back to the community has always been a pillar of FirstBank," Ikard said. "Colorado is our home state and we have always felt it is our responsibility to support nonprofits that help our community thrive. I am honored to aid DSF in getting DPS graduates to and through college. I am also

eager to activate other corporate leaders to join our work."

Latia C. Henderson, *director of marketing and events, DSF*

CITY OF DENVER

The mayor named a former FBI agent and Navy veteran to the public safety team. Eric Williams is Denver's new deputy director of the Department of Public Safety. He served as an adviser to FBI directors James B. Comey and Christopher A. Wray.

"Keeping Denver's communities' safe and protected is some of the hardest, but most important, work we do in the city," Mayor Michael Hancock said. "Bringing in Eric, a homegrown guy who has a national record for managing law enforcement and strengthening ties with community advocates and lawmakers, will directly advance our safety departments."

Williams most recently served as a supervisory special agent ad-

vising international law enforcement partners on significant investigations concerning the U.S. and West African countries.

Williams grew up in Denver and the metro area. He earned a law degree at CU and a bachelor's degree from Metro State. He is also a Navy veteran.

Amber Miller, *Department of Public Safety*

PARK CLOSURE

Denver Water is conducting its annual dust mitigation efforts. So before you head out to hike or bike Waterton Canyon, check the calendar.

The canyon is closed to the public Monday-Friday through June 15, but will open this Saturday and Sunday.

Hikers, bikers and horse riders on the Colorado Trail should seek alternative access points, which can be found at coloradotrail.org/waterton.

John Aguilar, *The Denver Post*

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Is a Healthy Lifestyle Change Sustainable? Meet Tom and Carole Finn

By Dr. LEAH HAHN, D.C.

Dr. Scott and I have been involved in the Golden community since 2005. It is our mission to impact humanity by empowering our community to create and sustain healthy lifestyle habits. As Americans, we are bombarded by "quick-fix" methods promising weight loss, a new "body," or fewer symptoms, but many of the patients we see have had the experience of engaging in these highly-advertised programs and then being easily swayed and tempted to return to their former, more comfortable (and less healthy) lifestyles. This "yo-yo" effect is hard on their bodies, mental state, and self-confidence. I have said it many times, but creating sustainable lifestyle change starts with your headspace. You need a strong "why," the right information, and accountability to keep you on track. This month I want to highlight a couple that changed their lifestyle during our **8 Weeks to Wellness (8WW)** program, and maintained those changes in a sustainable lifestyle than has lasted over 2 years.

I met **Tom and Carole Finn** in the spring of 2016. Little did I know they would become an inspiration to so many. Both had a goal of improving their health. Carole wanted to work on her high cholesterol. Tom specifically wanted to decrease his blood sugar and cholesterol. Dr. Scott and I sat down with Tom and Carole and studied their health history, their blood work, as well as the data from the "Wellness Score" exam at Body In Balance, allowing us to customize their 8WW program. Tom and Carole participated in a way that we consider "full engagement." They showed up for their appointments for chiropractic adjust-

ments, they received massages, they worked on meditation, they worked with their diet and brought their 8WW accountability journals in for review, and worked hard with the Body In Balance trainers in our fitness center.

Their commitment and hard work paid off. Carole brought her total cholesterol down from 238 to 189. Her LDL (bad) cholesterol went from 120 down to 100. Her triglycerides went from 242 to 87. She gained muscle, stamina, and confidence. Tom lost 21.8 pounds of fat and gained muscle. His HbA1c went from 7.5 to 6.7. His LDL (bad) cholesterol went from 99 to 65. His triglycerides went from 79 to 49. What I haven't mentioned about Tom and Carole is that they were 80 and 77 respectively when they started their 8WW program two years ago. Age is a number and a mindset. Tom and Carole don't let it dictate their life.

8WW is a holistic program. It addresses how you think, how you move, and how you eat. Each of these factors is essential to a long-term lifestyle change. We cannot change everything in someone's health in 8 weeks, but we can create a foundation of knowledge, resources, and success. When you have these tools, the potential to change your health and your life is limitless. We discussed the most important aspects of creating change in someone's life — a strong "why," the right information, and accountability. Tom and Carole had those during the program and continue to use those resources. During the program, doctors and a health coach educated and held

them accountable to nutrition customized to support the needed changes in their blood work. They didn't just follow a plan, as Carole stated, "I learned a whole new way of cooking and how to eat." The key word there is "learned." Doctors, trainers, health coaches, and Body In Balance staff held them accountable and still do to this day. The Finns' "why" of improving their health was strong and important enough to Tom and Carole to make their efforts count.

Can a lifestyle change be sustainable? As Tom stated, "I wanted to lose weight and I did. I lost 30lbs and I've kept it off for 2 years. I am proud of how much weight I've lost and how I've been able to keep it off." As Carole said, "We are in the best health that we have ever been in. It's the best thing we have ever done for ourselves."

If you would like to learn more about **8 Weeks to Wellness**, attend our free, no-obligation workshop on **June 13th at 6:00pm** at **Body In Balance Wellness Center**, 755 Heritage Rd., Golden. Register at **303-215-0390**, or visit www.BodyInBalanceChiropractic.com. Costs of 8 Weeks to Wellness vary, as each program is customized to your health needs and goals. We look forward to helping you create **Health by Choice, not by Chance!**



Golden Real Estate is pleased to sponsor this ad space for Dr. Hahn to promote her excellent classes and programs, including **8 Weeks to Wellness**, from which Rita and I have benefited so much. They can be your life changer too! —Jim Smith, Broker/Owner