

JUNE 2019

GREELEY

An exclusive magazine serving the residents of Greeley

neighbors

THE REYES FAMILY:

A Language of Love



Best Version Media

Photo Credit Iván Díaz Photography

DEAR RESIDENTS

I'm boon dock camping at a park south of Dallas, Texas, surrounded by nearly 100 other women who gathered here for a weekend of live music, cooking demos and evening wine gatherings. It's not a bad way to spend the last weekend of my southern state journey.

I caught a cold bug last week, although I've shaken off the aches, fever and sore throat, the lingering cough is annoying and the ongoing use of my voice for interviews isn't helping. I've learned that when leaving the comforts of home and shaking hands with multiple people throughout each day, no amount of diligent hand washing can fight every little spring bug in the air. But it's part of the gig.

If it sounds like I'm complaining, I'm not. I'm wrapping this 4,000-mile voyage with a heart full of gratitude. It's true every story has held special meaning for me, but it's the veterans in Knoxville, Tennessee, who remain heavily on my mind almost two weeks after spending a day with them learning how to fly fish.

Project Healing Waters is an organization that utilizes the sport of fly fishing as therapy for veterans who are permanently disabled or living with PTSD. I interviewed one veteran named Dan who said the project saved his life and is the reason he didn't commit suicide. Another veteran named Brad said that it's not just the time he spends on the water that helps steady his thoughts, but he can also get out of bed when he has trouble sleeping

and spend time tying flies, which almost immediately shifts his focus and gives his mind another place to go besides the difficult flashbacks of his time overseas.

When we go in search of good people doing good things, we discover these stories are every where. We don't have to haul a trailer across multiple states with a camera crew to accomplish the search. Some of the best stories I've heard along this trip weren't planned at all and came from people I met when I was at the right place, at the right time.

One of the many things I have learned over the past several weeks is that people care about people, and there are organizations of support for our struggles, including Project Healing Waters. If you or someone you know is an honorably discharged veteran who could benefit from their support, please contact your local chapter.

I want to thank you, local Greeley veterans, for your service.

Safe Travels,
Lisa Bradshaw



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EXAMPLES

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 Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners association sections at no cost to the HOA or the residents.

Content Submission Deadlines

| Content and Ads Due..... | Edition Date |
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| November 25..... | January |
| December 25..... | February |
| January 25..... | March |
| February 25..... | April |
| March 25..... | May |
| April 25..... | June |
| May 25..... | July |
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| September 25..... | November |
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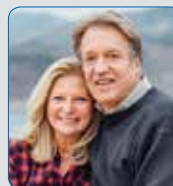
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THE REYES FAMILY:

A Language of Love

By Lisa Bradshaw

Rebecca and Ramon Reyes were completing their last student teaching assignment at Goodrich High School in Fond Du Lac, Wisconsin, when they met. Rebecca was finishing French student teaching, and Ramon was finishing Spanish—their classrooms were next to each other. They married in 2001. The couple has two children: Alexandre, 10, and Gisele, 8.

Ramon earned a Bachelor of Arts in Spanish from Marian University in Fond Du Lac, Wisconsin, in 2000 and a Master of Arts in Athletic Administration from the University of Wisconsin-Whitewater. He also holds an administrative certification from Aurora University in Wisconsin and was recently accepted to a PhD program through Edgewood College.

"I began working as a Spanish teacher in 2000 and became the head

soccer coach for both the boys and girls varsity soccer teams at Badger High School in Lake Geneva, Wisconsin, in 2004," Ramon says.

Both teams went on to win several conference championships. He later became an associate principal in 2007 and is currently employed through District 6 as an associate principal at

Meeker Elementary. As of July 1, Ramon will serve as principal of the Greeley Alternative Program (G.A.P.).

Rebecca holds a Bachelor of Fine Arts in French and Dance from the University of Wisconsin-Milwaukee; a Diplôme Semestriel in French from the Université de Paris IV-La Sorbonne; and she earned her Master of Science in Education in Professional Studies with an emphasis in English as a Second Language (CLD) in 2014 from the University of Wisconsin-Whitewater.

Rebecca also worked for two years in France. During her time overseas,

she was an intern at IMG Artists through the École Supérieur de Commerce de Paris and taught English for one year in a French high school in Toulouse, France, at the Lycée Bellevue. She also worked as a professional actor and dancer at the Monomoy Theater in Cape Cod, Massachusetts, for one summer. In the spring of 2015, Rebecca won a Tommy Award for her outstanding choreography for a high school musical in Wisconsin. She has taught French in United States public schools for the past 19 years. She spent 15 years teaching in Wisconsin where she was named Teacher of the Year at Lake Geneva High School in 2014 and Greeley Central High School in District 6 for the past 4 years.

Ramon enjoys playing soccer and golf. In Greeley, he coached soccer for two years through the recreation department at Meeker Elementary School and frequently plays golf with his family at Highland Hills during the weekends.

Rebecca loves to sing and dance. She was a member of the Greeley Chorale for three years, and in 2016, she soloed with the Greeley Philharmonic Orchestra for their annual Poinsettia Pops concert. Rebecca currently serves as a board member for the Greeley Children's Chorale and dances with the Northern Colorado Academy of Dance.

Ramon was born in a village near a volcano in La Union El Salvador. Currently, his parents live in the Washington DC area where he grew up. Rebecca's parents retired as



PHOTOS PROVIDED BY REYES FAMILY.



educators from Wisconsin and moved to the Southwest. Rebecca and Ramon decided to relocate closer to their family, so their children could experience the same opportunities they did when growing up near relatives.

"Destiny prevailed when we received two job offers in this area, so it was an extended family decision when moving to Colorado. Within weeks, my mother-in-law and father-in-law had purchased a house in Greeley and prepared to relocate from the Southwest," Ramon says.

"We celebrate our fourth year in our current residence next month," Rebecca says. "We simply fell in love with the house, the Greeley community and our Greeley schools. Our neighbors are amazing and many have children who are close in age to Alexandre and Gisele, which was very important to us. Although I am farther away from my family in Washington DC and Silver Spring, Maryland, they do visit and enjoy our wonderful city and nearby mountains—a big change for city people."

As a kid born in a village in El Salvador La Union, Ramon remembers collecting plastic bags from the streets and putting them all together to form a ball. Eventually, he collected enough bags to form a soccer ball that he and his friends played with

every day.

"We were a poor farming family and did not have the means to buy toys and proper equipment to play soccer. Almost everything that we had was made from scratch, including the soccer goals, which were built from dried wood. These are some of my fond memories of growing up in a country that was experiencing a civil war during my childhood."

Alexandre has been singing and dancing on stage since the age of five and has performed a sing and tap routine with Rebecca twice for the Greeley Chorale's annual Pops and Pasta concerts.

"WE WERE A POOR FARMING FAMILY AND DID NOT HAVE THE MEANS TO BUY TOYS AND PROPER EQUIPMENT TO PLAY SOCCER. ALMOST EVERYTHING THAT WE HAD WAS MADE FROM SCRATCH, INCLUDING THE SOCCER GOALS, WHICH WERE BUILT FROM DRIED WOOD. THESE ARE SOME OF MY FOND MEMORIES OF GROWING UP IN A COUNTRY THAT WAS EXPERIENCING A CIVIL WAR DURING MY CHILDHOOD."

- RAMON



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Gisèle and Alexandre dance with the Northern Colorado Academy of Dance Arts and have participated in the Northern Colorado Dance Theater's production of the Nutcracker for the past three years. Alexandre is a member of the Greeley Children's Chorale and both kids take piano lessons from their grandmother. They have played soccer through the Greeley Recreation program and started swinging their first clubs and developing a love for Golf.

Their family is a trilingual. Alexandre and Gisele speak English, Spanish and French fluently.

"Ramon and I have spoken only French and Spanish at home since the children were born," Rebecca says. "They also participate in workshops during the summer with the Alliance Française de Denver."

Insuring that Alexandre and Gisele hone their language skills, the family has traveled to France and Spain twice and stayed with longtime friends from when Rebecca lived there.

"In July, some of our French friends will come visit us for 15 days in Greeley. During their stay in Colorado, we will take them to Mesa Verde and Great Sand Dunes National Park, among other gems in Colorado," Rebecca says.

"Greeley is an amazing place. We see diversity as an asset and celebrate all the beautiful cultures found here," Ramon says. "We are proud to be educators in District 6, both of our children are scholars in our public school system, and we are all ambassadors of the great things happening in District 6."



GREELEY neighbors

We would like to thank all our feature families who have so graciously shared their lives and stories with us and our readers.

CONTACT US

Do you know a neighbor who has a story to share?

Nominate your neighbor to be featured in one of our upcoming issues!

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YOUR HOME:

Love It or List It

By Matthew Powell, eXp Realty

Do you love your home enough to stay and improve it, or should you list it and find the perfect turnkey home? This is a common question for many people. Let's consider some important points in your debate, beginning with your remodel option.

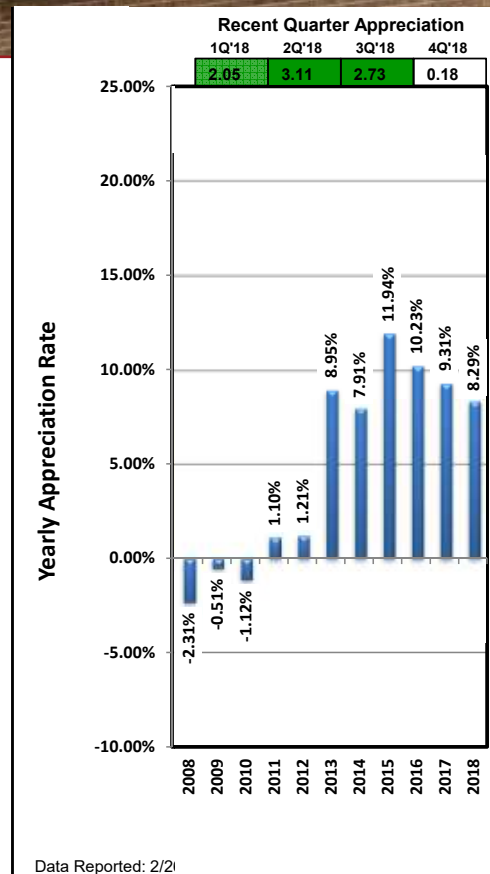
How much do you love your neighbors, your neighborhood and its amenities, and your local schools? If you can't imagine living anywhere better, then maybe a home remodel is the right choice for you.

If remodeling is the answer, have you explored the inconveniences, timelines and costs of a remodel? The average kitchen remodel can take three-six months to complete, basement refinishes are about the same, and a bathroom remodel can take two-three months, while adding a bedroom takes a month or two. Additionally, if ductwork, plumbing or wiring is needed, the remodel can take additional time.

If you remodel, what is your return on investment? Many home upgrades do not pay for themselves in the form of higher sale prices down the road. Some improvements may yield as high as 80-90 percent but others yield barely 50 percent.

Will your remodel efforts over-improve your home for your neighborhood?

10 GREELEY *neighbors*



SOURCE: FHFA.gov

If you plan on living in your home for several years, then I suggest you upgrade to your heart's content and bask in your improvements. But if this is not your forever home, keep in mind that just because you upgrade your countertops and bathrooms, you still haven't added square footage to your home. Compared to houses down the street with the same square footage, your home value will be higher, but not near as high as the cost of the improvements.

Let's also consider your options when deciding to sell your home and start fresh with new construction. We are fortunate to have many new construction options in our area.

Have you considered the typical costs associated with new construction?

Landscaping, fencing, window coverings and

new furniture are all considerations of a new build and are likely not needed if you decide to stay put and remodel.

Currently, we are in a seller's market. This results in sellers enjoying shortened days on the market, higher sale prices and advantageous terms. Fortunately, in our area, we have seen an average 5.5 percent appreciation

over the past 40 years. In fact, just last year the Federal Housing Finance Authority found that the Fort Collins and Loveland areas saw 8.64 percent appreciation. If you have lived in your home for three or more years, you could be sitting on a sizable amount of equity that can be used to move into your dream home, making finding and buying it easier than you think.

Generally, if you are upgrading or upsizing in home, you are selling at a lower price point and thus will have a larger buyer pool, increasing your chances of getting an optimal price. And when repurchasing at a higher price point, the buyer pool is smaller and demand is slightly lower so you can take advantage of getting more for your dollar.

We have covered some of the larger variables for your consideration, but no two families wants and needs are the same. If you would like to have a detailed conversation regarding your current real estate decision-making situation, give me a call—I can help.



NEIGHBOR: a person who lives nearby, normally in a house or apartment that is next door, across the street or in the same named development. Some people form friendships with their neighbors and help them by sharing tools, knowledge or helping with tasks.



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CAN YOU HEAR ME NOW?: HOW THE NORMAL AGING PROCESS AFFECTS YOUR SENSE OF HEARING

By Susan D. Baker, Advanced Hearing Services

Aging is a normal process in life. Aging affects all aspects of our health, but what about our hearing? There are many causes of hearing loss, including genetics, noise exposure, medications, medical conditions, ear diseases, head trauma and aging.

Presbycusis is hearing loss caused by the normal aging of the auditory system. This type of hearing loss happens gradually and in both ears at the same time. According to John Hopkins Medicine, 1 in 3 adults over 65 years of age experiences hearing loss. Most often, presbycusis-type hearing loss affects the ability to hear high-pitched noises, such as a ringing phone or a beeping microwave.

As we age, all our genetic components and medical conditions age along with us—hearing is no different. Hearing loss is more than just the ability to hear sounds and conversation. Hearing and brain health are directly correlated. Our cognitive decline happens naturally as we age, but if we have hearing loss, the risk of cognitive decline happens faster.

A thorough consultation and hearing evaluation is the only way to determine the percentage of hearing loss and what could be causing it. Treatment of age-related hearing loss includes using hearing aids and other assistive listening devices. Today's hearing aids are incredibly sophisticated—they connect directly into an iPhone or television with Bluetooth connectivity and can be easily transmitted to the aids through a television box.

Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and Tinnitus for the past 19 years. Please call 970-221-5249 for an appointment today.

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PETIQUETTE: SIMPLE RULES FOR PET OWNERS

BY MEGAN HANNA



Are you a good neighbor? Are you considerate and courteous? If you're a pet owner, there are a few extra manners to mind.

NOISE

While it's silly to expect a dog to never bark, no one should have to deal with incessant barking. Some dogs are naturally quite vocal and keeping them quiet may be a challenge. However, proper exercise and attention – along with basic obedience – is usually enough to keep most dogs from being too loud. For tougher cases, there are a variety of safe and humane training aids and techniques available.

BOUNDARIES

As the old saying goes, "Good fences make good neighbors." This is especially true when you have a dog. Few neighbors will appreciate your pup wandering from yard to yard, marking their turf as they go. Be sure your yard is set up with a fence, secure tie-out, invisible fencing or another form of containment to keep your Labrador or Lhasa Apso on your own lot.

When venturing out with your dog, continue to make sure he has limits by keeping him on a leash. No matter how well-trained or friendly your dog may be, it's important to be able to maintain control of your pet when out in public.

SPECIAL OUTINGS

Before taking your pet anywhere, make sure they're welcome. If your dog loves car rides, it can be difficult to leave your excited friend behind, but expecting everyone else to enjoy your dog's company the way you do is unreasonable. When visiting a friend or relative, don't assume your pet will be welcome. Do the courteous thing and always ask permission. And if you're headed to a public place, check ahead before letting Fido hop in for a ride. Even plenty of outdoor areas and events don't allow dogs.

If your pet is welcome, be prepared to take responsibility for it. Always clean up after your pet. Always. Even in seemingly out-of-the-way locations or low-traffic areas. No one wants to step in your pet's mess. And speaking of messes, be prepared for accidents. If you're taking your pet to someone's house, it's a good idea to have a cleaning product in your car for handling pet stains. Also be sure you have everything you need to meet your pet's basic needs, including a water bowl. Your host may not be thrilled about lending a dish to your slobbery dog. If your pet is a heavy shedder, keep a lint roller with you to clean up excess hair.

And be sure not to overstay your welcome. If your pet starts to get anxious or restless, don't force it to suffer through the experience. Bored or nervous animals are far more likely to behave in undesirable ways.

GUESTS

If new guests are coming to your home, make them aware of pets you have. This way, if they're uncomfortable with animals you can make arrangements ahead of time, whether that means switching the location of your event or finding a place for your pet for a few hours.

If your guests are fine with your dog or cat being present, don't assume they're animal lovers like you. Keep excited dogs from ambushing your guests when they enter, only allowing your dog to greet the newcomers when he's sufficiently calm. If your affectionate cat is continuously seeking attention – jumping onto guests' laps or weaving between their legs – you may want to keep her in a bedroom or other room that won't be used by your guests. Be especially mindful of your pets' behavior if your event calls for dining. Guests won't appreciate the whining of a begging dog or stray cat hairs on their napkin.

With just a little extra effort and courtesy on your part you'll never have to choose between being a pet owner and a good neighbor or guest. And your pet will be a welcomed part of the neighborhood, too!

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LOCAL HAPPENINGS

GREELEY NEIGHBORS PROVIDES THE MOST COMPREHENSIVE AND UP TO DATE INFORMATION POSSIBLE FOR ITS LOCAL HAPPENINGS SECTION, BUT DATES, TIMES AND LOCATIONS ARE SUBJECT TO CHANGE.

Tuesdays

Happy Hour All Night at Brix

Where: Brix Brewery &
Taphouse

When: 3pm

Where: Centennial Village
Museum

When: 10am-4pm

Mon., June 3 - Thurs., June 6

Lone Valley School

Summer Day Camp - 2019

Where: Centennial Village
Museum

When: 9am-12pm

Thurs., June 6

History Brown Bag:

Cemeteries and Monuments of
WWI in Europe

Where: Greeley History
Museum

When: 12-1pm

Fri., June 7

First Friday: A Night of Art

Where: Downtown Greeley

When: 5pm

Sat., June 8

Greeley Blues Jam

Where: Island Grove Park,
Arena

When: 11am-11pm

Thurs., June 13

1930s Garden Party

Where: Centennial Village
Museum

When: 1-3pm

Wed., June 19

Seeding Native Grasses

Where: City Center South
Council Chambers

When: 6-730pm

Sat., June 22

2019 Greeley Garden Tour

When: 8am-2pm

Sat., June 22

**Platte Rivers Veterans Fly
Fishing:**

Double Haul Golf Tournament

Where: Boomerang Links Golf
Course

When: 8am

Wed., June 26

Bike to Work Day

Where: Greeley Windsor and
Evans

When: 630-8am

Wednesdays

Trivia Night

Where: Brix Brewery &
Taphouse

When: 7pm

Fridays

NORCO Rush Bingo

Where: Bingo Planet
When: 8pm

Saturdays

Game Night

Where: Crabtree Brewing
When: 7pm

Sat., June 1

Zac's Legacy Country Luau

Where: The Island at Pelican
Lakes

When: 5pm

Sat., June 1

Theme Day

Scandinavian Heritage

Sat., June 29 - Sun., June 30

Greeley Stampede

Where: Centennial Village Museum

When: 12-4pm

Sat., June 29

Greeley Weld County

Airport Day/Learn to Fly Day

Where: Greeley-Weld County Airport

When: 9am

Sat., May 18

Garden In A Box

Garden Pick-Up Day

Where: Greeley Xeriscape

When: 12-3pm



**WE WELCOME YOUR SUBMISSIONS TO
OUR CALENDAR OF EVENTS. HELP US
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WHAT'S HAPPENING IN GREELEY.**

The Story Behind the Body Armor Workout

By Ryan Garcia

If you have read the book or seen the movie *Lone Survivor*, you may have unknowingly learned about one of the most widely recognized and celebrated heroes among the CrossFit community. The story told in the book and movie is that of Operation Red Wings.

During the operation, a Navy Seal team of four is tasked with finding a key anti-coalition commander who fell under a significant enemy ambush in the hills of Afghanistan. During the ambush, the leading officer, Lieutenant Michael Murphy, knowingly exposed himself when obtaining a signal so he could radio information about their location, the size of the enemy and request immediate support for his team. He was mortally wounded in the process, but his actions in the line of duty solidified his legacy.

Shortly after Lieutenant Michael Murphy was killed in action on June 28, 2005, CrossFit.com posted their first hero workout in his honor. The workout was simply called "Murph" and was a spin on one of his favorite workouts he called "Body Armor".

The Body Armor workout consists of a 1-mile run, 100 pull ups, 200 pushups, 300 squats and then finishes with another 1-mile run. The workout is done while wearing a 20-pound vest or body armor. It debuted on August 18, 2005, and in 2007, Lieutenant Murphy's family founded a non-profit organization called the Lieutenant Michael P. Murphy Foundation. They teamed up with another non-profit organization called Forged, and together, with support of military and CrossFit communities, The Murph Challenge began.

Every year since 2007, on or around Memorial Day, CrossFit gyms across the world unite to honor Lieutenant Murphy by doing his workout. Gyms can opt in to be official hosts of the workout, members can donate to the Murphy Foundation, or it can simply be done individually and for fun as a tribute to another American hero who gave the ultimate sacrifice for his country.

To learn more about the man, the mission, and the foundation, visit www.themurphchallenge.com.

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