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## search**castlerock**

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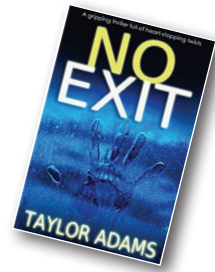




# BOOKENDS

NO EXIT - BY TAYLOR ADAMS

Darby, a college student at Colorado University, has received word that her mother has pancreatic cancer and is soon going into a risky surgery. She braves a Colorado storm to see her one last time, with a desire to find peace in their rocky relationship. Quickly, a blizzard shuts down the highway, and she is forced to spend the night at a rest stop visitor's center. There are four other stranded travelers to share the evening with. While walking around the parking lot looking desperately for a cell signal, she catches a glimpse inside a van and sees a child locked in an animal crate. Which stranger owns the van? And how can she help this child when she has no cell signal, no ability to drive through the storm, and no indication that help will be available as the storm continues to increase?



Becky and Pam

Pam and Becky have been reviewing books for over 10 years.

Pam and her husband have lived in Parker for 19 years with their two wonderful sons. She has always been an avid reader and enjoys exploring new books.

Becky has been married for 24 years and lived in Parker for 10 years. She has two children, a daughter and a son. She is a Colorado native and has loved reading since she was a child.

**BECKY** My first impression of Darby is that she is a cold person that was not very likable. As you learn more about her, you see that she is young and has some baggage. She is also in a hurry to get to her mother, so she didn't present as a warm and fuzzy person to spend time with. However, she is a true heroine and committed to helping the girl in the van, so you have to love her for her dedication to a stranger. There are few characters in this novel, so you would think figuring out who the kidnapper is would be easy. Was your first guess correct?

**PAM** My first guess was partly correct, but it was much more complex than I had anticipated! I don't want to say much more, as I fear it would give away important secrets. The author describes the small cast of characters as Darby meets and begins to interact with them. Were the descriptions developed enough to give you a clear picture of each?

**BECKY** I would have preferred more information, but I think that would have given away too much if we were to delve into the history of the rest of the group. As the story moves along you can see why it was a bit vague? If you are looking for something as complex as Stephen King then you may be disappointed, but this is a great thriller, if you will just take the ride and not try to overthink what may be coming next. Do you think this would play out better as a movie where we could experience the action with more detail?

**BECKY** I think it's safe to say that neither of us will go to a rest stop without remembering this book! There is a small cast for this story and it quickly takes off like a roller coaster. What did you think about the characters in this novel? Were they well developed and interesting?

**PAM** Some of the characters were more developed than others in this story. I felt it was hard to connect with Darby at first. However, her character became more developed as the story progressed and I was able to understand her and her motivations better, as well as connect to her. What was your first impression of this character? Did this impression last through the book?

**PAM** I think this would make a great thriller in the movie theater. The action, suspense, and drama could play out well on the big screen. Some of the details that made Darby's situation so dire were things that can commonly occur when distracted and in a hurry. For example, she left her phone charger in her dorm room when rushing to get on the road. Did you feel that these details were too contrived, or did you feel they were believable and added to the suspense?

**BECKY** I did have a few moments when I thought, "really"? I found the ending specifically a little too much, but it fits the style of the novel. This type of story is often a little unusual and hard to believe. We are done with this scary story, and it's time to move on to Ape House by Sara Gruen.



**CASTLE ROCK ADVENTURE PARK -**

If you are looking for a challenge that tests your athletic skills and physical abilities, Castle Rock Adventure Park is a must. They have multiple adventure packages, including Zip Line Tours, where you can fly through the sky; the Adventure Tower, which includes rock climbing, rappelling, and jumping; Ninja Warrior, which has 6 levels of real obstacle courses like on the TV show; and the Epic Sky Trek.

The Epic Sky Trek is especially unique and offers a complicated maze of decks, stairs, ropes and contraptions high above the ground. Challenge your strength, stamina, and grit. Skis, snowboards and football helmets are hung to balance on. The course includes nets, tires, a picnic table, and even a canoe! Walk across the Epic sign, use the pulley system, and walk the tight rope. Different colors designate the skill levels. The platform is technically sound, and a double clip system is used for safety.

It is an amazing experience. This outdoor venue could be perfect for team bonding for your sports team or work team. Families will also love to be challenged together! See [castlerockziplinetours.com](http://castlerockziplinetours.com) for more details.

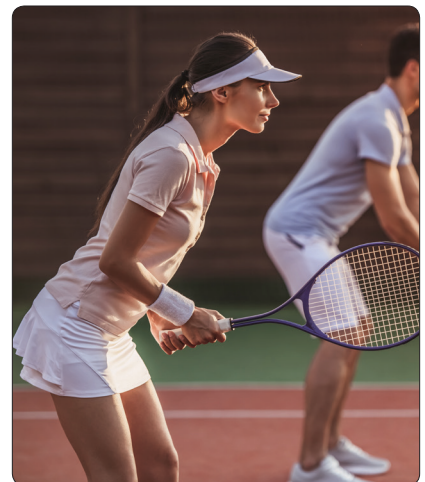
**SUPPORT** LOCAL**PARKS AND RECREATION -**

The Town of Castle Rock offers a variety of opportunities for adults to live an active lifestyle. The Castle Rock Recreation Center and the Miller Athletic Complex are popular workout locations, featuring a variety of cardiovascular and circuit equipment, along with multi-station and free weights, gymnasiums, aquatics, and facility rentals.

In addition to the facilities, the town offers a full range of adult programming, including adult aquatic classes, aging adult fitness and wellness classes, as well as over 100 group fitness classes per week, such as yoga, cycling, aqua aerobics, and boot camp, to help patrons reach their fitness and wellness goals.

Adult sports leagues are also offered indoor and outdoor year-round at the Recreation Center and the MAC. Castle Rock's Recreation Center was named Best Workout/Fitness Center in 2018 by Colorado Community Media!

For additional information about Castle Rock facilities and programming, visit [www.crgov.com](http://www.crgov.com) or call **303-660-1036**.

**EDITOR** TAKE**THE EXTRAMILE**

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## Above Par

A look at the exceptional offerings of DC golf courses

by TOM FLYNN

## THE CLUB AT PRADERA



### DOUGLAS COUNTY GOLF COURSES

- The Club at Pradera
- Red Hawk Ridge
- Sanctuary
- Castle Pines Golf Club
- Castle Pines Country Club
- Meridian Golf Club
- Ridge at Castle Pines
- Colorado Golf Club
- Plum Creek
- Arrowhead
- Lone Tree
- University of Denver HR
- The Club at Bear Dance
- The Pinery
- The Links
- Inverness Golf Club
- Black Bear Golf Club
- Perry Park Country Club

Congratulations are in order if you live in Douglas County and are a golfer. Whether by happenstance or selective planning, you reside in a County that is home to 18 golf courses, with almost all of them ranked as a Top 100 course in the State of Colorado. If you are looking to join a private country club or enjoy playing public courses, Douglas County is the place to live in Colorado.

It is true that some of the highest rated courses in Douglas County happen to be private Country Clubs designed by a variety of iconic golf course architects. However, many of the Public Courses are also highly regarded and were designed by some of the same architects who worked their magic at three of the top five rated golf courses in the Centennial State per [golfdigest.com](http://golfdigest.com). (Castle Pines Golf Club #2, Colorado Golf Club #4 and The Sanctuary #5)

If you are a fan of golf course architect Jim Engh, you are in luck, as we have three of his designs in Douglas County: The Club at Pradera, Red Hawk Ridge, and The Sanctuary. Engh established a reputation for building exceptional courses in difficult terrain and landscapes, earning four Best New Course awards from Golf Digest Magazine. A round at the Sanctuary (Ranked as the 5th best course by Golf Digest in Colorado) is on the wish list of most avid golfers in Colorado and received a Best New Course award for Engh in 1997. The Club at Pradera and Red Hawk Ridge share the same design philosophy and provide for multiple tee box locations that beautifully frame spectacular views of the Rocky Mountains and the course location.

If playing courses designed by former standout PGA tour members peaks your curiosity, well Douglas County aims to satisfy. You can play what many consider to be one of best public courses in Colorado, the Tom Weiskopf designed Ridge at Castle Pines. The Lone Tree Golf Club was designed by Arnold Palmer, and is a challenging course with one of the best practice facilities in the State for a public course. The practice chipping greens feature multiple bunkers to work out of and provides plenty of space to practice bump and run to flop shots and everything in-between. It is also home to Jake's Academy, where many young golfers keep their swings on plane during the winter months. Hale Irwin, the three time US Open Champion and former Colorado Buffalo All Big Eight Defensive Back and Golfer, designed the University of Denver Golf Club at Highlands Ranch. The Course was gifted to the University of Denver by the Family of Ron Moore in 2011 and is home to the DU Pioneers golf teams. You can also get insight into how a green should be setup from one of the best putters to ever hold a PGA tour card, Ben Crenshaw, but only if you are a member, know a member, or qualified for the USGA Mid-Amateur being played September 14th-19th at the Bill Coore and Ben Crenshaw designed Colorado Golf Club in Parker. The Colorado Golf Club is ranked by Golf Digest as the 4th best golf course in Colorado. Douglas County is also home to three Jack Nicklaus Designed Courses: Castle Pines Golf Club, Meridian, and The Country Club at Castle Pines. Nicklaus's design at Castle Pines Golf Club (rated 2nd best course by Golf Digest)



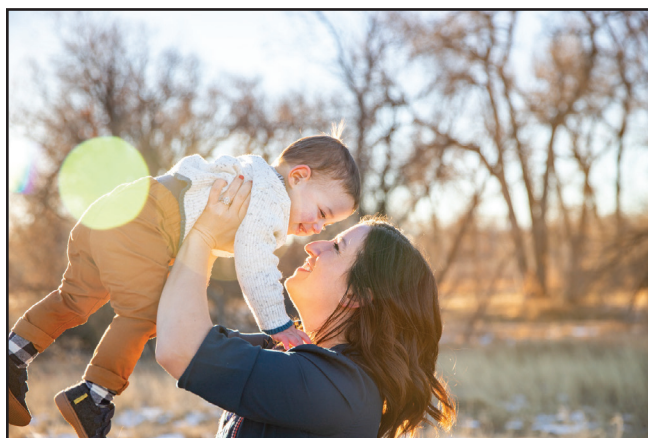
brought the PGA tour to Colorado for a number of years with The International, the only PGA tour stop that used the Stableford scoring format. Nicklaus is a prolific course designer, dating back to his relationship with Pete Dye in the late 1960's, and has numerous highly ranked courses all over the world.

One of the most prolific and highly-regarded golf course architects is Pete Dye, and you can experience his love of Railroad Ties at Plum Creek Golf Club just south of Castle Rock. While the course does not feature an island green like his design at TPC-Sawgrass, it is a challenging course that asks the golfer to think about the risk versus reward on numerous tee shots. Many times the answer is a 4-iron and not your driver.

Arrowhead Golf Club is nestled in the foothills of Roxborough Park and is a course that I have enjoyed playing since the 80's. This Robert Trent Jones Sr. and Robert Trent Jones Jr. designed course winds around red rock formations while providing amazing views of the Front Range and the surrounding foothills. Robert Trent Jones Sr. is frequently cited as the architect who brought the game to the public, both in the design of public courses in the 1930's and 40's, and also by incorporating the runway tee box which could cover as much as a hundred yards from front to back. This allowed the same course to be enjoyed by experts to beginners.

The Golf Club at Bear Dance in Larkspur is home to the Colorado section of the PGA and a top rated Public Course on the Front Range. The course features six tee boxes playing at 7,726 yards from the tips with challenging tee shots framed by tree lined fairways. As the golf coach at Ponderosa High School, I have been fortunate to continue the relationship our school has with The Pinery and Pradera. The Pinery features 27 holes of challenging golf from course architect David Bingham. The Mountain 9 features a variety of elevation changes and a recent update to the 9th hole, elevating the risk versus reward decision-making process for the golfer. The Club at Pradera also features numerous holes with panoramic views of the Front Range, The Rocky Mountains, and Pikes Peak.

I could go on and on given just how tremendous the courses are in Douglas County and how inviting and challenging they are for their members and patrons. But, as a high school golf coach, I think it is important to acknowledge how open they are in welcoming high school golf Teams to their world-class facilities, while their PGA professionals help to develop, teach and inspire the Golfers who compete in the Continental League.

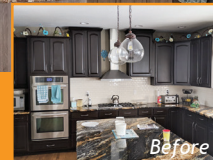


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Parker Racquet Club offers USTA leagues, tournaments, block time, drills, and programming for all skill levels ages 4 and up – so, whether it's your first time picking up a racquet, or you played collegiate tennis, they have the programs for you.



"As we enter the winter months, we are thrilled to offer a place for Parker residents to play year-round," says Barry Riddle, Owner and General Manager. With in-house leagues, mixers, pickleball drop-in drills, and tennis socials, there are plenty of opportunities to stay active through the season. Due to built-in partnership with the Town of Parker, memberships are available, but PRC also offers programming and open court time

to the general public. Their goal is to make tennis more accessible by keeping court fees and membership rates lower than the competition – and creating a fun, family-oriented, and healthy environment to play tennis and pickleball.

For more information, current drill schedules, and membership information visit:

[www.parkerracquetclub.com](http://www.parkerracquetclub.com)

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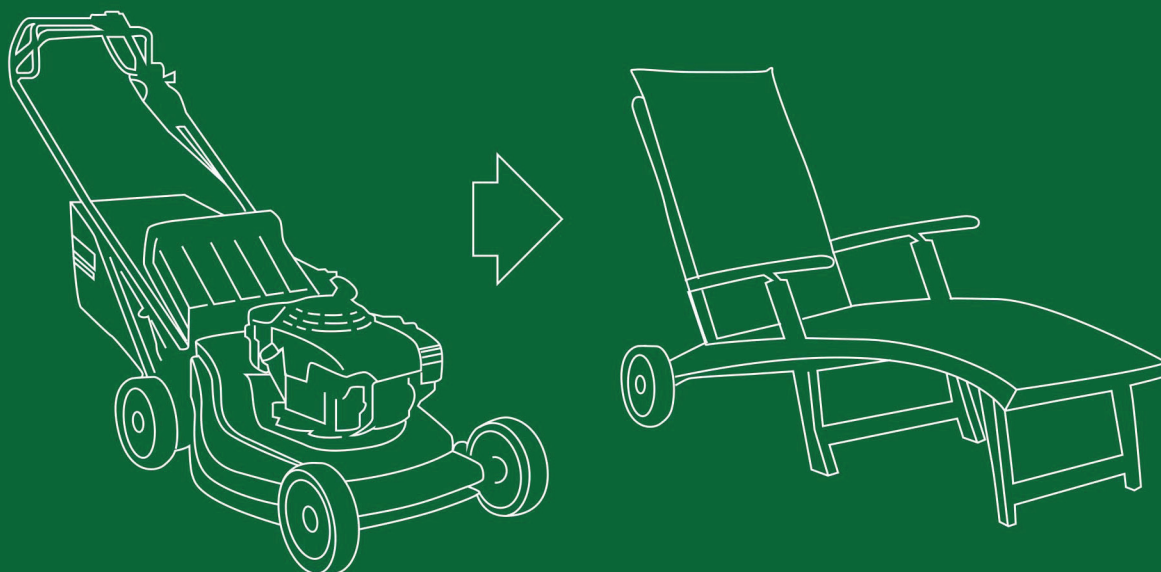
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# THE GUIDE

THE BEST PLACES TO DINE IN DOUGLAS COUNTY

In the interest of providing the 50 best dining options in Douglas County, we must be able to personally recommend each listing. The guide is subject to change from month to month. If you have a suggestion for inclusion on the list, email us at [contribute@tuellers.com](mailto:contribute@tuellers.com).

## KEY

Based on a typical dinner for one person, excluding drinks, tax or tip.

\$ ..... Under \$10  
\$\$ ..... \$10-\$20  
\$\$\$ ..... Over \$20  
(EC) Editors Choice  
(N) New

## ASIAN FUSION

### CHERRY VILLAGE ASIAN GRILL

Offering a Chinese and Vietnamese-centric menu in a relaxed atmosphere.  
**17001 Lincoln Ave, #A, Parker**  
303-840-7338 \$\$

### DANCING NOODLE

A small, family owned, dine-in and take-out restaurant that serves authentic homestyle Thai food.  
**10841 S. Crossroads Dr., Suite 10, Parker**  
303-805-3880 \$\$

### INDOCHINE

A local go-to for quality home-style cuisine. This Parker fixture is known for a fresh, creative menu.  
**19751 E Mainstreet, Parker**  
720-851-8559 \$\$

### JOHN HOLLY'S

Chinese and Thai dishes that are nothing less than the culinary equivalent of an exotic adventure.  
**9232 Park Meadows Dr, Lone Tree**  
303-768-9088 \$\$



### FOGO DE CHÃO

Located in the Park Meadows Mall, off a beautiful outdoor courtyard setting. This Brazilian steakhouse is more than a restaurant; it's an experience. Try the full churrasco (shoo-hah-sko) to enjoy delicious meat cuts brought right to your table! And don't forget the guarana!

### JUNZ

A favorite sushi place in town with a unique blend of Japanese and French at its very best.  
**11211 S. Dransfeldt Rd., Parker**  
720-851-1005 \$\$

## BAKERY/DESSERTS

### BEST BUDDIES

A favorite stop for a unique, cozy atmosphere. Made-from-scratch soups, sandwiches, salads and sweets. Friendly service with a smile.  
**200 Perry St., Castle Rock**  
303-660-1935 \$\$

### LA BAGUETTE DE NORMANDY

Certified master chef and chocolatier Michael Dupont serves a little piece of France right here in Colorado.  
**16524 Keystone Blvd, Unit C, Parker**  
303-805-9130 \$

### LA PETITE CREPERIE

The spot to grab made-to-order crepes. Sweet or savory, you can't go wrong.  
**19751 Mainstreet, Parker**  
720-638-9722 \$ (EC)

## BARBEQUE

### BIG JIMS

Don't be fooled by this being a food truck; if you like southern BBQ, this is your place. **Corner of Parker Rd and Longs Way, Parker** \$\$\$

### GOQUE BBQ

Award-winning roadhouse doles out wood-smoked ribs, brisket, & pork. Don't miss the garlic mashed potatoes.  
**8433 Park Meadows Center Dr., Suite 143B, Lone Tree**  
303-729-2506 \$\$

### HANGRY OHANA

Hawaiian BBQ with a Texas twist. A local favorite and family friendly.  
**10471 S. Parker Rd., Parker**  
720-287-2516 \$

### HICKORY HOUSE

The Parker tradition. Known for their baby back ribs, but don't miss the pulled pork and barbeque chicken.  
**10335 S Parker Rd, Parker**  
303-805-9742 \$\$ (EC)

### OLD WEST BBQ

A hidden gem with family-friendly pricing. Don't miss out on their breakfast burritos. **107 Wolfensberger Rd., Castle Rock**  
303-660-6340 \$

## BREW PUB

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Offering great food & amazing drinks in a relaxed and warm atmosphere. Clear and simple menu options. **3911 Ambrosia St., Suite 101, Castle Rock** 720-389-5986 \$\$

## **ITALIAN**

### **CRANELLI'S**

Comfort Italian food in a rustic, cozy, casual family-oriented format. **10047 Park Meadows Dr., Lone Tree** 303-799-3661 \$\$

### **DANIELLE'S SCRATCH KITCHEN**

Stylish, energetic eatery offering elevated Italian fare with an emphasis on great customer service. **872 Happy Canyon Rd. Suite 100, Castle Rock** 303-524-9788 \$\$\$

### **PORTOFINO**

Authentic Italian eatery featuring pizza, pasta, calzones and heros. The local "go-to" for fresh Italian. **10920 S Parker Rd, Parker** 303-841-9900 \$\$

### **SCILEPPI'S**

A modern Italian restaurant focused on family recipes and premium ingredients. **210 Third St., Castle Rock** 303-688-9000 \$\$

### **VIA BACI**

Neapolitan pizzas join modern Italian fare at this casual eatery featuring a full bar & patio. **10005 Commons St, Lone Tree** 303-790-0828 \$\$

## **MEXICAN**

### **ADRIANNA'S**

Intimate Mexican eatery for authentic cuisine in a relaxed ambiance. Great for parties. **7272 E Hwy 86, Franktown** 303-663-7800 \$\$

### **CASA MARIACHI**

Unassuming local joint serving up straight-forward Mexican plates. **9771 S Parker Rd, Parker** 720-842-5105 \$\$

### **LA CASITA**

Vibrant, cantina-style eatery offering Mexican cuisine in a laid-back atmosphere. **18951 E Mainstreet, Parker** 720-842-5181 \$\$

### **LAS DELICIAS**

Bare-bones, family-owned local Tex-Mex eats for breakfast, lunch & dinner. **19553 E Mainstreet, Parker** 303-840-0325 \$

### **LOS DOS POTRILLOS**

"Hole-in-the-wall" family-owned eatery. There's a combo dish to please everyone. **19340 Cottonwood Dr., Parker** 303-840-6574 \$\$

### **LOS VOLCANES**

Don't miss the Carnitas! And bring your appetite for the large portions. **10471 S. Parker Rd., Parker** 303-841-0160 \$\$ (EC)

## **NEW AMERICAN**

### **CASTLE CAFE**

Set in a former 1890s hotel. Plating hearty American fare like pan-fried chicken & burgers. **403 Wilcox St, Castle Rock** 303-814-2233 \$\$

### **COLORADO CORK & KEG**

Uniquely fun sports bar with a creative menu of brats and dogs. **971 Park St., Castle Rock** 303-660-2399 \$

### **CRAVE**

A favorite gourmet burger joint. Imaginative menu with amazing handcrafted shakes. **3982 Limelight Ave, Castle Rock** 303-814-2829 \$\$

### **MANNA**

A casual sit-down destination with a menu that reflects Colorado's growing season. **2350 Meadows Blvd., Castle Rock** 720-455-3664 \$

### **OPA GRILL**

Quaint, family-owned neighborhood eatery with Greek & American menu, plus outdoor seating. **18366 Lincoln Ave., Parker** 303-841-7074 \$\$

### **PARKER GARAGE**

The Parker landmark located right downtown offers a locally-sourced menu. Great service and large portions. **19420 Mainstreet, Parker** 720-389-8105 \$\$ (EC)

### **RORY'S**

Comfort food and baked goods at their finest. Don't see it on the menu? Ask for it! **11020 S Pikes Peak Dr., Parker** 720-708-2889 \$\$ (EC)

### **SIERRA**

High-end, wood-fired kitchen with a warm ambiance, preparing select American dishes. **10680 Cabela Dr., Lone Tree** 303-662-8800 \$\$

### **STONEGATE CAFE**

Simple eatery offering breakfast grub such as cinnamon rolls & omelets. **16524 Keystone Blvd, Parker** 303-841-1565 \$ (N)

### **THE CHICKEN SHACK**

Chicken wings, fingers, fries, and burgers. Great owners that always make you feel welcome. **11211 S Dransfeldt Rd., Parker** 720-504-5044 \$

### **VINES**

Casual place with eclectic eats and many wines by the glass & bottle. **19501 Mainstreet, Parker** 303-736-8463 \$\$

## **PIZZA**

### **ANTONIO'S**

A traditional family-style Italian pizza restaurant with a Brooklyn flair. **12947 S Parker Rd., Parker** 720-851-5300 \$

### **ARTISAN**

Delicious Neapolitan-style pizza that makes each dish an individual work of art! And don't forget dessert. **12311 Pine Bluffs Way, Parker** 303-840-0518 \$

### **COLORADOUGH**

A refreshing take on made-from-scratch pizza. So fresh they don't even have a freezer! **17860 Cottonwood Dr., Parker** 303-386-3333 \$\$

### **LIL' RICCI'S**

New York pizzas & other red sauce staples in a low-key setting. Can't miss the garlic knots. **16526 Keystone Blvd, Parker** 303-220-7422 \$\$

### **PARRY'S**

NY-style pizza, wings, & casual Italian eats, in kid-friendly quarters. **5650 Allen Way, Castle Rock** 303-814-8686 \$\$



**LA PETITE CREPERIE**





## STEAKHOUSE

### DUKE'S

Rustic restaurant featuring beef & seafood dishes, plus a sports tavern with an Irish vibe.

**363 Village Square Lane,  
Castle Pines**  
303-814-2487 \$\$\$

### FOGO DE CHAO

Upscale Brazilian steakhouse with all-you-can-eat meat carved tableside. Guaraná is a must, and try the Creme de Papaya. **8419 Park Meadows Center Dr., Lone Tree**  
303-481-4001 \$\$\$ (EC)

### PERRY'S

Chops, seafood, wine, & cocktails served in an upscale setting with a lounge & live jazz. **8433 Park Meadows Center Dr., Lone Tree**  
303-792-2571 \$\$\$

### TEXAS ROADHOUSE

Texas-themed steakhouse with a great menu and wonderful atmosphere.

**11205 S. Parker Rd,  
Parker**  
303-805-5848 \$\$ (N)

### TRAPPER'S CHOP HOUSE

Upscale hideaway local favorite featuring their signature Volcanic Hot Rock sear-it-yourself experience.

**19308 Cottonwood Dr.,  
Parker**  
303-248-2132 \$\$\$

## UNIQUE

### VISTAVINO MODERN

Quaint Tuscan grill made fresh from local fare. Every dish is a winner!

**611 Wilcox St., Castle Rock**  
303-814-2487 \$\$



Such a unique and consuming culture is built around sports. There is something about friendly competition that draws people in to cheer for a side and watch the outcome. Sports and team loyalties become imbedded into people's hearts and families.

A traditional part of the sports culture is the mascot. Team mascots help to build the hype and increase the fun! Mascots are a symbol of their team and are believed to bring good luck. The word mascot originates from the French word, mascotte, meaning a lucky charm or item. The first references to team mascots were made in the late 1800s in the *New York Times*. Early mascots were taken seriously and were often children or live animals. The first costumed, human mascot, like we know today, was Mr. Met, from the New York Mets baseball team, who debuted in 1964.

Mascots are usually seen doing impressive stunts or moves to get noticed. They can certainly get away with a lot of dancing and teasing and silliness. The mascot code includes being physically fit, active, and exaggerating every move. Mascots need to keep their identity a secret and use pantomime to communicate their emotions. Their high energy and grand entrances are a mark of the mascot. Let's look at our local mascots.

The Denver Broncos mascots are each exciting and unique. Miles, the Bronco, is energetic and always ready to cheer on his team. Thunder, a beautiful, pure-bred Arabian gelding, and rider, Ann Judge, make a powerful team.

Douglas County High School, which was founded in 1897, has the mascot of the Husky. With their purple pride, DC has a long tradition of loyalty. Castle View High School, built in 2006, is over a century newer. They build their loyalty on the Sabercat mascot, with black, red, and gold.

Loyalty and school spirit, live on!







**Kassandra McMillen, MD**

**Asela Russell, MD**

**Leslie Scariano, MD**

**Grace Holub, MD**



## Welcomes Dr. Kimberly Hildner

A little bit about me; I was born in Maine while my dad was a family medicine resident but then we moved to Florida when I was a baby. I grew up in Ocala, Florida with my three younger sisters. From there, I went to college at the University of Notre Dame (Go Irish!) and then to Loyola University of Chicago for medical school. I completed my OB/GYN residency training at the University of North Carolina's SEAHEC campus in Wilmington, NC. I have loved and enjoyed every place I've lived and made lifelong friends along the way, I am so excited to be starting private practice in Colorado.

I have always loved to soak up the outdoors. Living in coastal North Carolina, I have made excellent use of my inflatable paddle board which just stays packed in my car for whenever I get a chance to go down to the beach. I am really looking forward to getting my hiking gear some more use along with taking my dog Ron on adventures and hitting the ski slopes this winter.

Traveling is another of my passions. I speak Spanish so I love visiting South and Central America the most but I have so many places still on my list.

As far as activities I like to do at home-- I love to cook. Fresh ingredients are always the secret ingredient, so I am so excited to get to explore the Denver area's farmers markets!

As much as I love all of those activities, OB/GYN is an equal passion of mine. Women's healthcare is so multifaceted and even though the obstetric and gynecologic needs of a patient change so much over time, it is such a pleasure to be able to care for the same patient through all of it. I absolutely love prenatal care and delivering babies. I also have a particular interest in gynecologic medicine and have focused a lot of my training on minimally invasive surgery.

I am very much looking forward to caring for the women in the Castle Rock/Englewood area!



### Castle Rock Location

2352 Meadows Boulevard, Suite 120  
Castle Rock, CO 80109

### Englewood Location

125 Inverness Drive East, Suite 260 & 210  
Englewood, CO 80134

**303-755-0120**  
**www.tc4w.com**  
**www.CenterForWellnessMD.com**