

Movement therapist offers clients healthier lifestyles

Barbara Parker has rented the building at 114 E. Washington in St. Francis and will be providing a different service to residents in St. Francis as well as others in north-west Kansas and the Tri-State Area.

Ms. Parker, who has a master's in education, is a movement therapist. She is offering clients a chance to develop healthier lifestyle options and solutions, urging people to "awaken to their full potential." She also offers help in stress management,



Parker

conflict resolution, physical fitness, exercise, weight loss, longevity, lifestyle profiles, problem solving, team building and action-oriented goal setting.

She encourages individuals, groups, organizations and businesses to "re-invent the wheel and to view changes as an ongoing reconstructive process."

For personal and professional growth to create wellness and prevention, she asks that people consider:

- Stress and pain management can help people develop healthier lifestyle options and be more optimistic in an uptight world. Two to six sessions can make a difference.
- Action-oriented workshops, seminars and in-service training will be offered through group offerings or a group can be formed. Groups can learn to manage stress, conflict, develop confidence and awaken to their full potential. Groups will be offered to develop healthier communities, believing in their kids and families and facing the changing realities of life.
- Business consulting and facili-

tating groups will be offered to businesses, service organizations, schools and churches, including needs assessment, lifestyle profiles, team building, stress, time and burn-out management and motivation.

Ms. Parker says she is a woman with a vision and a dream and was self-employed for several years.

After working the last four years with the elderly in Wray, she says she is ready to follow that dream by organizing and starting this service in St. Francis.

Ms. Parker graduated from Michigan State University in continuing education and business and

did gradate work in student personnel, guidance and consulting at Texas Christian University.

As founder-executive director "Awakening Star Learning, Prevention and Wellness Center," and "The Entre/Intrapreneur's Networking," she encourages people to reduce stress and anxiety, get passed the fear, take care of their body, mind and spiritual aspects of their life and find greater joy in living each day.

"Is it time for 9-11 not to have so much control in your life?" she asks.

Ms. Parker said she will be activating her network breakfast in the

near future in Colby and three other larger communities to motivate people to expand the world of work, to stop being discouraged and see changes as a challenge.

She offers a complimentary 15-20 minute motivational presentation to businesses, service organizations and churches titled, "How To Relax and Have More Fun in an Uptight World!" She has done many speaking engagements with her clown, Buttons.

Ms. Parker is open for appointments to work with individuals and groups. For information call her at 785-332-2887 or 785-332-6001.



"D.K. Molar - The Devious Dentist" will premier at the Cheyenne Theater in St. Francis at 7 p.m. to-night and Saturday and at 2 p.m. Sunday. Shown are two of the performers, Ashley Dogwillo (left) and Connie Jenkins. Photo by Karen Krien/The Saint Francis Herald

Melodrama to hit St. Francis stage

There will be boos, hisses and lots of laughter when On Stage Inc. presents the melodrama "D.K. Molar — The Devious Dentist" or "There's Gold In Them Thar Teeth" at 7 p.m. on tonight and Saturday and again at 2 p.m. Sunday at the Cheyenne Theater at 104 E. Washington Street, St. Francis.

D.K. Molar, the villan dentist (played by Dennis Schiel) and his nurse, Nova Caine, who has a numb heart (played by Connie Jenkins) are running an office where the dentist gives patients a hearty dose of laughing gas, then removes their

gold fillings, replacing them with metal.

D.K. is planning to melt down the gold and flee the country, and Nova thinks she is going too (however, D.K. has other plans).

Their scheme is uncovered by Flossy Dailey, the new receptionist, played by Ashley Dowgwillo, and her boyfriend, Phil DeTooth, the upstairs dentist, played by Kip Weise.

Other cast members are: Iva Payne played by Leisha Hilt; Polly Dent, Carol Redding; and the janitor, Art Krugger.

There are five scenes with four intermissions, but people won't want to go anywhere during intermission, as there will be "oleos," short comedy acts, and some singing.

Entertaining during intermissions are Tim Burr, Sheryl Miller, Clancy Livingston, Sara Miller, Cory and Jenny Busse, Tina Schiel and Sam Marin. Tema Trumbo is the pianist and other backstage personnel are Jo Frewen and Talley Morrow. Hecklers are Steve Jenkins and Candice Weise. The lighting crew is Gloria Bracelin and Carol Ross.

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