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Erie

FRIENDS & NEIGHBORS



**DR. DARBY
TURNS OVER A NEW LEAF**

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Cover Photo courtesy of Reamsnyder Media

An exclusive magazine serving the Erie residents

in Vista Ridge, Vista Pointe, Colliers Hill, Erie Air Park, Erie Highlands, and Grandview

Dr. Darby

URNS OVER A NEW LEAF



By Amanda Nicole Borne | Photos courtesy of Reamsnyder Media and Laura Darby

Excited for new beginnings
Photo courtesy of Reamsnyder Media

Laura grew up traveling with her family all over the United States, including visits to most of the national parks, as well as going to Mexico, the Caribbean, Canada, and Europe. Laura has fond memories of hunting for shells and rocks on warm, sunny beaches. While her parents enjoyed the history and architectural buildings of the places the family traveled, Laura was more drawn to natural beauty. She always enjoyed food, culture, meeting people, and spending time in nature.

By the time she was five years old, Laura had started doing arts and crafts; once in high school, Laura started exploring the art of photography. In college, she took a number of photography and art courses and even considered majoring in art. Her love for art, travel, and the outdoors continued into adulthood.

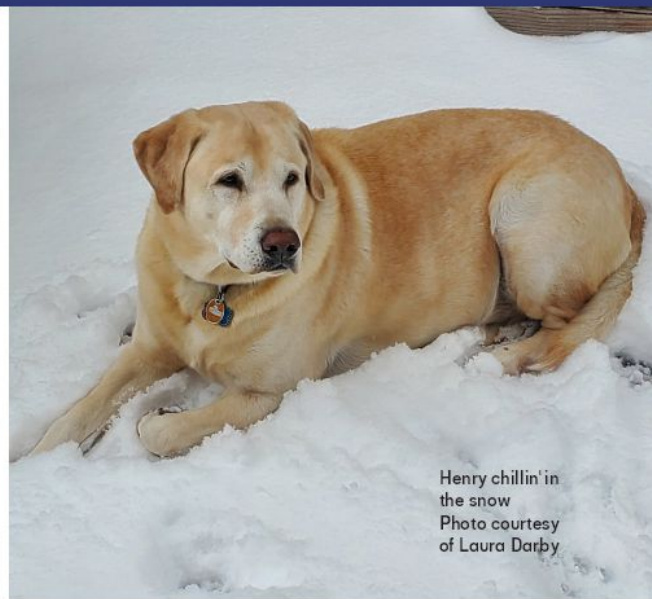
Upon finishing her residency in internal medicine in her early 30s, Dr. Darby took a two and a half month trip to New Zealand with the intention of hiking and taking pictures. Unfortunately, while hiking the Tongariro Alpine Crossing [12 miles, 2,500 foot elevation gain] she severely twisted both ankles and could hardly walk for several days. Her trip then became more focused on little adventures and wine tasting, as well as getting attacked by sand flies! A silver lining to her ankle injuries was that she got to take a tour bus called the Kiwi Experience, where she met over 100 people from all over the world. With these newfound friends, Laura blackwater rafted through caves lit by bioluminescence, panned for gold, made a Maori [native New Zealand culture] bone carving necklace, walked on a glacier with crampons, rappelled into a cave, did whitewater surfing, and



Facing forward into the future
Photo courtesy of Reamsnyder Media



The artist with an example of her work
Photo courtesy of Reamsnyder Media



Henry chillin' in the snow
Photo courtesy of Laura Darby

went jet boating. Her zest for life, curiosity to learn and try new things, and desire for personal growth have stayed with her to this day and are huge influences on her personal and professional life.

Because travel is a love for Laura, she tries to take annual trips. Favorite places so far have been New Zealand, Canada, and the National Parks (Yellowstone, Banff, Grand Teton, and Rocky Mountain.) She's excited about future visits to Spain, Italy, Bora Bora and Tahiti.

Laura also loves entertaining, cooking, trying new restaurants and ethnic cuisines. She is a semi-professional artist, working with photography and monotype printing. Dr. Darby founded the Women's Connection for the north Denver/south Boulder area, in addition to supporting animal rescue and homelessness charities. She also makes room in her schedule for walking, spending time outside, playing golf and pickleball, hiking, water sports, and wine tasting.

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Laura Darby, MD
Downtown Lafayette



Henry relaxing in the grass
Photo courtesy of Laura Darby



Laura's fall leaves
Photo courtesy of Laura Darby



Laura and Henry playing in the snow
Photo courtesy of Laura Darby



Laura graduated from University of Texas, Austin in 1987 with a bachelor of science in zoology, bachelor of arts in psychology, and a minor in chemistry. Following these impressive accomplishments, she subsequently attended medical school at the University of Texas at Galveston and graduated in 1993. Laura completed her internal medicine residency at Presbyterian/St. Luke's Hospital in Denver, finishing in 1996. Shortly after, she started a career in

internal medicine, workman's comp medicine, and urgent care. To create a more holistic medical practice, Dr. Darby started adding in alternative therapies and medical aesthetic. She has now started the transition into medical aesthetics, weight loss, and functional medicine, with a focus on anti-aging, longevity, and wellness. Laura is currently the founder of Unpeel Functional Medicine Weight Loss & Med Spa in Lafayette.



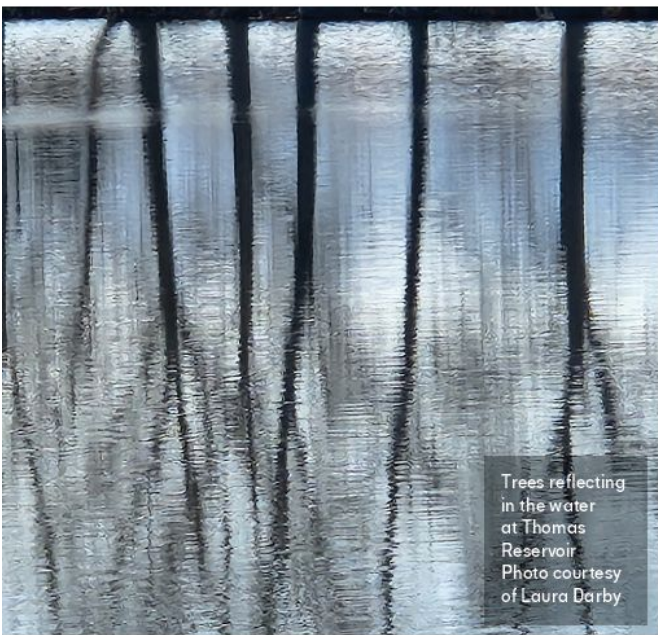
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Trees reflecting in the water at Thomas Reservoir
Photo courtesy of Laura Darby



Abstract fall tree photo
Photo courtesy of Laura Darby



Capturing the clouds at sunset
Photo courtesy of Laura Darby

Laura has had several dog children and parent children over the years. She recently lost her dog Henry, so she doesn't have one currently. She absolutely loves dogs and plans to rescue a couple soon.

For just over nine months, Laura has lived in Colliers Hill. She had wanted somewhere safe and close to her office in Lafayette. Owning a new build with a big yard for future dogs and room to entertain was important to her. Great mountain views certainly don't hurt!

Laura loves her great neighbors who have proven very friendly and helpful. She feels her neighborhood is quiet and safe. It's miraculous she still has some mountain views in spite of all the new builds coming up in the few months since she has moved in.

Dr. Darby stays engaged in her community as a member of the Erie Community Center (Erie Rec) and as a frequent visitor to the

Erie Public Library next door. Laura is excited about joining the Erie Chamber of Commerce, and even started a women's social activities Facebook group for the area to meet even more new people.

The Darby family has always enjoyed coming together for the holidays and traveling adventures. They had a tradition of bowling on Sundays, and also played tennis and billiards, even cooking together.

As she puts it, Laura wants her neighbors to, "Remember, you are what you eat! Your blood type is the most important factor in determining your diet and lifestyle. Variety is the spice of life!"

Send in your community events, yard sales, art shows, etc. to Amanda Nicole Borne, ABorne@BestVersionMedia.com



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