

Massage Meets Extreme Makeover: Home Edition

Massage students from the Colorado School of Healing Arts (CSHA) in Lakewood, Colo., showed "extreme" dedication to their craft when they volunteered their services to the Extreme Makeover: Home Edition (EMHE) team who was on location in the Denver suburb of Arvada, Nov. 7-14, 2005.

Unlike many of the tasteless "reality" shows currently on television, EMHE features a new family each week whose circumstances have left them in need of a new home. In seven days, the EMHE team demolishes the family's old home and rebuilds a new one from the ground up to include a beautifully decorated interior - usually customized to a family's specific needs and interests - and fully landscaped exterior.



Extreme Makeover: Home Edition host Ty Pennington (center) with CSHA students Sandy Moxon (l) and Sonny Perea.

For the Colorado show, EMHE teamed with Home Aid Colorado and Colorado Homeless Families, two organizations dedicated to assisting the homeless population, and constructed a ranch-style duplex for two Arvada homeless families. "It was quite a different and awesome experience," said Norman Strasheim, a case manager with Colorado Homeless Families. "They [EMHE] are a blessing to people in need and have done a wonderful thing for this organization."

Others touched by EMHE's efforts included the 14 CSHA students who, massage chairs in tow, arrived onsite on day six of the build, set up shop, and administered massages to more than 130 EMHE crewmembers, including its "hunk-of-a-carpenter" team leader, Ty Pennington. According to student volunteer Amie Bieber, Pennington was said to have "really appreciated [the massage] after working hard all week."



On hand to provide free massages were CSHA students (l to r) Lorena Reyna, Danae Taylor and Sandy Moxon.

Even the cold snowy weather didn't dampen the students' spirits, who were inspired by the EMHE experience. "Other than it being really cold, it was inspiring to see everyone working together to help out families in need. Also, to be able to give back to those giving to the community was truly a wonderful experience to be a part of," remarked student Lorena Reyna.

The experience even moved some students to continue volunteering on their own. "I felt so blessed to be a part of being a positive influence in our community. Because of this event, I am now involved with a monthly volunteer program - giving to my community," enthused student Sandy Moxon.

Extreme Makeover: Home Edition airs Sunday nights on ABC (check local listings for times); the Colorado episode aired Feb. 13, 2005.

Resources:

1. Press Release. Colorado School of Healing Arts.
2. Extreme Makeover: Home Edition Web site.
<http://abc.go.com/primetime/xtremehome/index.html>.
3. Phone interview with Norman Strasheim, Colorado Homeless Families. Feb. 7, 2005.



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