

Business Extra, Jan. 2

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Simply Boulder Culinary sauces



Charles Bolta holds an After-Lite bulb.

SIMPLY BOULDER

*** Culinary sauces**

Price: About \$6 a bottle

Where you can get it: simplyboulder.com, King Soopers, Vitamin Cottage, Peppercorn in Boulder

Business owner: Seth Mendelsohn

Location: Boulder

Tidbits: "All of our sauces are extremely versatile; they can be used on pretty much anything," Mendelsohn said. "That's why I call them culinary sauces because they're not just a marinade or a dressing."

All of Mendelsohn's sauces are sweetened with agave nectar, are gluten-free, are all natural and are made with pure olive oil. Each of these components is designed to add to the taste as well as the health benefits of the sauces. For instance, the use of agave lowers the glycemic index and the calories of the sauces while providing a unique boost to the flavor. Agave also won't cause blood sugar spikes like other sweeteners.

Mendelsohn started Simply Boulder in 2007 while working in the IT industry. Although he enjoyed helping hospitals implement clinical information systems, his real passion had always been cooking.

"I decided that life is just too short to not do what I really want to do," Mendelsohn said.

Even though starting a business has been challenging at times, Mendelsohn loves coming up with unique flavors such as Coconut Peanut, Lemon Pesto and Zesty Pineapple.

"They go great on everything - grilled chicken, steamed vegetables, stir-fry, pasta, sandwiches, salads," Mendelsohn said. "You can get really creative with them."

For more information: simplyboulder.com

AMERICAN ENVIRONMENTAL PRODUCTS INC.

*** High-efficiency lighting systems**

Where you can get it: after-lite.com

Business owner: Charles Bolta

Location: Longmont

Tidbits: For President Charles Bolta, American Environmental Products is about much more than making lighting systems; it's about energy efficiency, global warming, saving the environment and "making the world a better place."

AEP's newest light, the compact fluorescent After-Lite, was originally developed for the military and shows a glimpse of the possibilities available for efficient lighting.

"Most CFL's run between 50 and 60 percent energy efficiency and ours are 90 plus," Bolta said. "When the power is shut off, these things will still emit light through decayed

photon release. They can literally be unscrewed from the fixture and you can walk away with them as a means for emergency lighting. If you turn it off, it will still be glowing the next morning."

AEP also makes lighting for people with Seasonal Affective Disorder. Its Sun-A-Lux Light Therapy Boxes and Glad-Light Desk Lamps use Blue-Lux technology that produces a faster and stronger response to light for people with seasonal depression.

"We've just begun," Bolta said. "Part of what we did with the After-Lite is spark the imagination of the next generations. This shows what we're capable of doing, and hopefully it will advance even farther."

For more information: 1-800-339-9572 or sunalite.com

FIRST JOB

Theresa M. Szczurek

CEO, Technology Solutions LLC

* **First job:** technical staff

Szczurek described her job at Bell Telephone Laboratories as "a blessing" where she and her co-workers "transformed technology into systems that improved the way people communicated."

"I came into this top-notch, premier telecommunications research and development organization, and I was learning and growing and meeting wonderful people and making a difference," Szczurek said.

While at Bell, Szczurek co-founded the Women's Issues Status and Environment Group.

"At this point in time, women were just getting a foothold in the technical environment, and, therefore, we needed to work harder and really fight for the best assignments, recognition and advancement," Szczurek said, adding that Bell was very supportive of this cause.

ADVICE

Jandel Allen-Davis

Associate medical director, external relations, Kaiser Permanente

* **"It's amazing what can be accomplished when working together rather than separately, so use the resources that are around you."**

Over the years, Allen-Davis has observed that when people follow this advice, they get results much more quickly.

"Time is precious, and you can't get all the information yourself; you have to rely on others," Allen-Davis said. "None of us have all the answers."

Allen-Davis noted that the important thing is to stay customer focused.

"You have to put your own ego aside," she said. "You'll end up with a better outcome. Who cares who gets the credit?"