

# Walnut Hills Newsletter

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Donna Senn  
303-741-2065

# Parent Information Network Annual Brunch



*Taming the Entitlement Beast:  
Spend the Summer with Kids You Like!*

with **Jim Fay**, Author and Co- Founder of

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### Tuesday, May 6

8:45 am - Brunch

9:15 to 11:30 am - Program & Keynote Speaker

The Parent Information Network Annual Brunch will be held at

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# "Let's Make Wyatt Smile!" Fund

Walnut Hills resident Voni Oerman's family & friends are uniting to raise money for son Wyatt's long term medical expenses associated with his recent traumatic event, and to help make Wyatt smile again.

Wyatt Oerman has shown a smile to the world his entire life. On January 14th, 2014, this 18-year old long-time Walnut Hills resident was struck by a car, temporarily taking his smile away. Wyatt spent a week in the ICU, with severe facial trauma, including a broken jaw, multiple missing teeth (currently only has 11), and many other broken facial bones, then two more weeks in the hospital. His condition required a tracheotomy. He has had 3 surgeries thus far to fix his shattered/broken jaw, broken nose/sinus reconstruction, and start preparing for the future. Thankfully, Wyatt did not suffer any long-term brain or spinal injuries. However, he and his family have a very long road to recovery ahead, including future surgeries to repair his tongue that unfortunately had to have a large portion of the tip removed, the many missing teeth, along with a long list of rehabilitative measures including speech. Wyatt was trained on how to feed himself, as he is still required to use a feeding tube to his stomach, and will be doing so until he can ingest 2500 calories a day orally.



Wyatt is very tired and weak, even though he tries hard to get back to a "normal" life of a young man. Fortunately, his past background as a water polo player and 4-year Varsity swimmer at Cherry Creek has helped him endure. However, any teenager like Wyatt wishes for hot wings, Chinese food, and nachos, instead of just smoothies and jello. Unfortunately, a mouth without teeth can't chew, and can't smile!

Wyatt is currently recovering from his most recent 13-hour surgery on March 11th. In order to re-construct Wyatt's jaw and cheek bone, bone and tissue from the shin bone (fibula flap) was removed for a harvest bone graft. He will have to wear a leg boot cast for approximately four weeks to support his leg and maintain good blood circulation. Hopefully the worst is behind. The tongue surgery is likely the next procedure, where tendons and tissue, along with one vein and artery, will be taken from Wyatt's wrist and used to reconstruct the large piece of the front of his tongue that was lost after the accident. This is becoming a common surgery for mouth cancer victims. Long term goals will be for Wyatt to have the future ability to smile with a mouth of teeth via implants, and to continue to improve his speech through therapy and the help from the tongue surgery. This process most likely will take up to 18 months to complete, with multiple surgeries required. Unfortunately at this time, this will be a dental out-of-pocket expense for the Oerman family, with some estimates being given so far upwards of \$300,000, due to the extensive trauma Wyatt's mouth and jaw has absorbed.

This young man is very anxious to get back to the life as he knew it before this tragic event, starting with his new welding career he had just begun at Leed Fabrication that he has worked hard the past 3 years to prepare for. A website was established to help raise much needed funds to assist Wyatt's mother, Voni, with the day-to-day out-of-pocket medical expenses and a couple of fundraisers are planned in the upcoming months, including a fundraiser announced by the Colorado Rapids soccer club that includes a game on April 19th - [www.rapidstix.com/gatc](http://www.rapidstix.com/gatc). Please let friends and neighbors know about Rapids game, as well as the "Let's Make Wyatt Smile!" fundraiser website - <https://www.giveforward.com/fundraiser/m8v3/letsmakewyattsmile> that will remain opened until April 30th - as of mid-March, we have collected just over 25% of our original goal.

All of the love and support that Wyatt and his family has received over the past two months, both emotionally and financially, has been without a doubt, amazing. Please continue to keep Wyatt in your thoughts. He draws strength from all the well-wishes and notes that he has received and read or heard from the website or via Facebook. We are part of a great community, and know that the support will continue until Wyatt can smile (and eat nachos) again!



The tulips are starting to peek out of the ground and the Walnut Hills Civic Association is gearing up for the 2014 Easter Egg Hunt! The Easter Egg Hunt will be Saturday, April 12th at 11:00 am and held at Walnut Hills Elementary School Park. If there is snow on the ground, the Easter Egg Hunt will be postponed to Saturday, April 19th at 11:00 am. Please bring your Easter baskets and a smile!!! We are going to have a great time!!! If you are interested in volunteering for this event, please contact Julie Gamec at 303-263-6823

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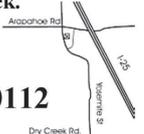
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### It's Springtime in Walnut Hills and Much is Changing

by Frank Haskett

Those of us near the park entrance have been serenaded with the sound of heavy equipment and chain saws for several weeks. It will continue for some time to come. SEMSWA or Southeast Metro Stormwater Authority is putting in a much bigger conduit to handle runoff from heavy rains (the kind that buried a car on Easter Ave. in Hunters Hill a few years ago). It starts in Hunters Hill near their pool and runs under E. Davies Ave through the park entrance down to Little Dry Creek. Back yards of several homes in Walnut Hills are being dug up to lay conduit through easements.

Not to be outdone, at the same time XCEL is trimming the trees along their power lines through the Walnut Hills Park; more chain saws, but no digging!

Finally, SEMSWA has plans for little Dry Creek from Yosemite west past Xanthia (some 40-50 yards). They are going to reconfigure the channel and stabilize it,

apparently much like they did the creek in the park some 25-30 years ago. Last October, they clear cut every tree west of Xanthia. To the east, they cut down most of the trees and all of the shrubs all the way to Yosemite. That is over 50 trees that took 40-50 years to become mature and provide shade. We are told that SEMSWA will begin work ONE YEAR later, take six (6) months to finish and replant four (4) trees. All of this is a part of a plan to increase the amount of water allowed to flow under Yosemite west through Walnut Hills during deluge conditions. Parts of E. Davies Ave. have been declared in a flood plain. This plan will alleviate that situation.

While I was taking pictures for this article, I spotted two ducks that migrate to our creek every year about this time. I also saw the splashes of a critter that lives in the creek bank; another long time resident of Walnut Hills. I didn't see any coyotes or fox, but they are there too.



**It's time for South Suburban Swim Team Registrations!**

All swimmers must be able to swim one pool length (25 meters) in order to participate in swim team.

**Holly Pool Swim Team** - Parent meeting will be held April 30 at 7 pm, Class # 299005 at Goodson Recreation Center, 6315 S University Blvd, Centennial, 303-798-2476. For questions or more information, please contact: Betsy Sweet at BSweet@ssprd.org. **And Good news!** If you are still not sure if a swim team is right for your child, they can attend a FREE drop-in class and receive a coach evaluation and an appropriate placement suggestion. **Wed, Apr 16, 6-7 pm, Douglas H. Buck Recreation Center Pool, 2004 W. Powers Ave., Littleton, 303-797-8787 or Sat, Apr 26, 12-1 pm, Goodson Recreation Center Pool, 6315 S University Blvd, Centennial, 303-798-2476.**



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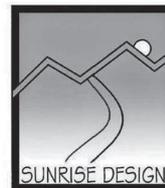
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NOTE: The Animal License Number looks like 'C12-12345,' but only enter the last five numbers (12345).

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3. Apply for an Animal License in person at the Eagle Street Facility located at 7272 S. Eagle Street, Centennial, CO 80112 during normal business hours. Please note: Senior licenses may not be renewed online. Please call to renew by phone at 303-325-8070.



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Spring has finally arrived at Walnut Hills! Our first graders will be the stars on stage as they present their rendition of The Unity Tree. This delightful musical is all about two groups who don't get along and the lesson one little puppy teaches them. Bravo first graders! At the end of the month we'll host our annual Sock Hop. This is a community tradition where even our parents pull out the poodle skirts and bobby socks. Our students are learning the moves and grooves to the music and it will be a night that's fun for all. In May we'll send our fifth graders off to Camp Cheley for three nights. While at the camp they'll enjoy hiking, fishing and having a great time as their years at Walnut Hills draws to a close. Our PTCO will also host a Run 4 Funds fundraising-fun-run during PE. All of our students will run a mile to help raise funds for our school. Field Day is also on the schedule and Mother Nature has guaranteed a warm sunny day for our events.

This is also the time to register any new students for the 2014-2015 school year. We have openings in kindergarten for both in-district and out of district families. Please let your friends, family or co-workers know to give us a call if they'd like to come visit our little gem of a neighborhood school. Happy Spring from Walnut Hills!

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### Dumpster Days 2014 May 10th and 17th 8AM to 11am

This year's Dumpster Days is scheduled 8AM to 11AM on May 11th and 18th no matter what the weather

For your 20 dollar membership fee not only do you have great events like Easter Egg Hunt, Fourth of July Parade/ Ice Cream Social, and National Night Out; you have the Spring and Fall Dumpster Days. What a great deal!

This will be the "The Garbage Man" trucks and workers their 3rd year to show up and pull off your trash, so you don't have to touch it! And as always Brookie "the metals man" with his son Dawd will claim our old treasures to be recycled. They have joined us for several years now and have supported out Dumpster Days.

If you are a senior that cannot make Dumpster Days because of limitations of health, or know a senior neighbor who needs help, just get the dump to the curb and call for our great volunteers to pick it up for you.

Please remember no cans of paint, no poisons, no batteries, no brick or concrete, but bring your mattress, sofa, lawn furniture, bicycles, TV, computers, tree branches, bushes, etc.  
Dumpster Days Chair Donna Senn 303-741-2065

## Walnut Hills Civic Association Annual Meeting

Andrea Suhaka, Chair, 303-770-0058, [standy@ecentral.com](mailto:standy@ecentral.com), [www.walnuthillscolorado.org](http://www.walnuthillscolorado.org)

The WHCA held it's Annual Meeting on Thursday, 13 March. It was one of the most well-attended meetings we've had. Including Board members, we had 26 neighborhood folks in attendance.

Boy Scout Troop 257 in Walnut Hills presented a flag ceremony to open the meeting. As a service project, this troop prepared the Walnut Hills membership mailing for us this year.

Karen Padrevita from Metrum Community Credit Union welcomed everyone. Remember, as a paid member of the WHCA you are in a group that allows you to open accounts at this credit union. They generously allow the Board to help their meetings in their building every month, and for that we're very grateful.

Our newest District 3 Councilman Mark Gotto attended and gave us an update on Public Works street projects that will take place in Walnut Hills this spring/summer. There were quite a few questions about speeding in our neighborhood.

Brian McKnight, from the Arapahoe County Sheriff's Office, was fascinating, as always. He presented some excellent safety/crime fighting tips. As spring approaches, one of the most important tips is "Drop It, Lock It, Stop It," exhorting all to make sure their garage doors are closed and locked. Bad guys tend to just wander the neighborhood looking for open garage doors inviting them to take something.

Scott Palmer, from the Southeast Metro Stormwater Authority (SEMSWA), gave an in-depth presentation on the project that will put a new culvert under S. Yosemite St. into our Little Dry Creek. This will solve a flooding problem that had been happening down E. Davies Ave. Heather Vidlock from the City completed this discussion with Centennial/South Suburban plans to concrete the trail along the Creek from Yosemite to Quebec. This is an important step in completing Little Dry Creek Trail through the City.

Heather then finished up with an update on the upcoming reconstruction of the Walnut Hills tennis courts. That project has been approved and funded. The new courts will most likely be built over the summer, to be finished by the time school starts.

We held elections of Board members and picked up some enthusiastic new recruits. John Foley, Trish Hoffman, Joe Compton and Fazal Abbas are joining our ranks. Once all the dust settles, next month, we'll get everyone sorted into Neighborhoods.

All in all, this was an excellent meeting.

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List \$356,500	7721 E Easter Pl	Sold \$345,000	Roy & Carrie Fronczyk
List \$308,000	6891 S Quince St	Sold \$304,000	Christopher Cerasani
List \$309,900	7532 E Costilla Ave	Sold \$303,500	Rock Star Properties, LLC
List \$289,950	7153 S Tamarac St	Sold \$272,000	Charles Coble
List \$277,500	8489 E Davies Pl	Sold \$270,000	Alan Grosse
List \$238,000	8490 E Briarwood Ave	Sold \$231,000	U.S. Bank National Assoc. Trustee

\*information was collected from Denver MLS.

## Snow Drops and Crows

by Bruce Ferguson

At least with the snow the water stays in the garden. In between I have been slowly raking out all the fall leaves and debris. The leeks and the garlic I left in the ground last fall are all enjoying the warm weather. I keep hoping that this year the tulips will get enough water to put on a decent show. The little snow drops (*Galanthus*) have practically finished flowering already. I look forward to the white *Anemone Blanda* but I think the little blue scillas (*Scilla siberica*) are my favorite. They seem to come back reliably and have started naturalizing under the Ash Trees. I have some *Ipheion* but they don't seem to do all that well. I keep meaning to plant some crocus but it seems I never do.

This time of year it is always hard to remember what is planted where. The evergreen plants like the penstemons are easy to find but the Joe Pye Weed (*Eutrochium*) won't even bother coming up until June. Joe Pye Weed is a perfect example of why you shouldn't think we grow any old prairie plant. It very well may be a prairie plant but only if you live in the areas of the tall grass prairie. Around here we live on what they refer to as the short grass prairie and the big difference is the amount of water. Every year I think to transplant it because it just doesn't get enough water to make it through August. The problem is that it comes up so late that I no longer have any well watered space left to put it in. One more reason to grow less grass!

## Troop 574

Winter months are not deterring Troop 574 from having fun, starting with the annual Klondoree in early February at Golden Gate Canyon State Park. With lots of fresh snow and cold temperatures, seven brave scouts and four fathers from Troop 574 camped out over two nights, having to clear about 2 feet of snowpack to set up tents and a cooking and eating area in the dark on Friday night. The scouts had discussed and planned for the cold temperatures, and in most cases were properly prepared - we learn from our mistakes. On Saturday, after cooking breakfast and dressing for the weather in the low teens, the boys participated in a day of competitions with other local troops, including broomball, firestarting (without matches or lighters), first aid and stretcher carry, pioneering, and the ever popular sled pulling races. The troop built a new sled this year using a new design, and with the Broncos playing in the Super Bowl that weekend, the scouts chose to paint it in Bronco colors to show their spirit. Speaking of spirit, the theme for the weekend was "Yeti Beach Party". Our troop definitely showed up on that one, dressed for the weekend as if we were on a tropical island rather than snow-covered hills and trees that kept dumping their loaded branches of snow on our heads. We had a great time, and in the end, learned that the temperatures on Saturday night made it to 5 below zero, so the participants achieved the prestigious Polar Bear Patch that comes with various requirements including sleeping out when temps are below zero. We are very proud of these select young men.

In March, we went for our annual trip to Leadville and spent a day at Ski Cooper having fun on the slopes, as well as some scouts working on their Snow Sports merit badge. We are also working on the important Communications merit badge in weekly meetings. We start camping outdoors in earnest in April with a trip to Wellington Reservoir near Bailey to work on rank requirements before our Spring Court of Honor on April 22nd, then off to Great Sand Dunes for our early May campout.

Late February through March is annual Webelos crossover ceremonies, where Webelos decide whether or not to make the transition from Cub Scouts and being parent-led, to Boy Scouts and being boy-led. For most 10 or 11 year old boys, the appeal of monthly campouts is enough to make them want to make that move. Troop 574 helped several local Webelos make the transition from Cub Scouts to Boy Scouts and welcomed them into our troop. We also were asked to help the new Cub Scout Pack 674 at Dry Creek Elementary with their monthly Pack meeting on March 19th, and hope that local young boys 1st-4th grade will check them out. We also hope to hear from some 5th grade boys that may have dropped out of Cub Scouts or never been in Scouting before, that wish to become part of our troop and experience a lot of fun. For more information, please contact Eric Vitcenda, Scoutmaster, at 720.379.5600.



Ski Cooper while earning a Merit Badge in Snow Sports

Every winter it seems the crows wander off to their family reunions. I suppose they call that a Murder of Crows because they blacken the landscape with their large groups but I really dislike that term. Crows are very little studied as far as I can tell but they are very family oriented birds. Chances are if you see a small group of say 6 crows they are all related and they will stay close together even when they separate out for the summer. They are good at chasing hawks. I see them all the time harassing the hawks. More often than not when you hear them making a racket they are driving some poor hawk out of their neighborhood. They will gang up on cats too. I watch three of them one day take turns swooping down after our cat in the back yard. In the end I went out and picked up the cat and brought it in.



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# Self-Reliance Corner

by Jo Haugland

## Swarm Season is Upon Us!

Spring is the time of year all beekeepers anticipate. Spring is when beekeepers are finally able to go back to their bee yards or "apiaries" and check their bees after a long winter. A look inside the hives will tell whether the bees have made it through the winter, whether they need medicine or food, or whether they are good to go for the New Year.

If beekeepers need to replenish their hives, there are a couple ways they can precede: split a hive, purchase bees, or collect swarms.

Splitting hives involves dividing a healthy hive into two colonies by removing part of a hive, (making sure the location of the queen is known), moving the separated colony, and introducing a new queen. It's a lot of work.

Package bees or nucs are traditionally ordered January and February for delivery in May. Small cages or boxes of bees used to be sent through the mail to the beekeepers. Today most colonies are delivered by the semi-truck load to a specific location where beekeepers pick up the bees. Package or nucs can be expensive costing anywhere from \$100 to \$150 or more! The hefty price of purchasing bees, along with quantity and health, are reasons why beekeepers look forward to swarm season and collecting swarms.

Bee colonies swarm to perpetuate their species. Each year healthy colonies produce a new queen that will leave the hive, along with about half the population, to start up another colony in a new location. Swarm season lasts from roughly May through July.

Beekeepers love swarms! They are free bees. (Freebies)! Bees that are in swarm mode have filled up with honey and have left their homes to form new colonies. They are extremely gentle, have no home to defend, and are just waiting for scouts to come back with a new location. Swarms are acclimated to Colorado, have larger populations than packages, and are ready to work to get their new homes ready and stocked for winter.

If beekeepers can collect these swarms before they move on to a different location, they'll have a nice free colony to put in one of their hives. All the beekeepers I know will pick up swarms for free. Many clubs and groups will send out beekeepers for swarms and there are long waiting lists for "swarm calls". If you see a swarm and it's in a place where a beekeeper could collect it, nothing over 20 feet high - please call a local beekeeping group to pick it up.

It's important to remember not to knock the bees or allow kids to pester a swarm. Do not spray it with anything, including pesticides, gasoline, or water. This will kill the bees, make them sick, or make them angry. When the beekeeper arrives, they will not want sick or dying bees and they might get a nasty surprise from bees that have been agitated.

In the Walnut Hills area, the High Land Beekeeping Club would love to assist you in removing any swarms you may encounter this. Please call Donna Senn from the front page or their swarm dispatch line at 303-916-7398 and they will be happy to send a beekeeper to your location.

Saving bees is good for everyone, the environment, our food supply, and beekeepers!



# From your District 3 City Council Members Ken Lucas & Mark Gotto



We would like to wish everyone a great Spring Break. We were able to have Mark attend your yearly HOA meeting on March 13th. It was very educational. We hope to continue to represent the city by attending your yearly meetings.

2014 is stacking up to be a very busy and exciting year for the City. In order to keep you better informed we would like to bring to your attention the new city web site and District 3 newsletter. To sign up for our newsletter go to <http://www.centennialco.gov/> and follow the links to Centennial Government and then to Elected Officials for District 3. Our next District 3 meeting is being held on March 27th at the Innovation Pavilion, 9200 E. Mineral Ave. Starting time will be 6:30.

Some city notes: The council gave direction to staff to amend the original Center Park budget to the Amphitheater. Ken and I are very excited about the potential this park will do to enhance our city. There has already been a high level of interest from the entertainment community because of the additions to the Amphitheater. Here are some of the improvements.

Seating area lighting elements: A field element for 4 locations around the perimeter of the amphitheater lawn.

Sound mixer platform: A small concrete pad in the center of the amphitheater lawn provides a location for the performers' sound mixer to operate.

General stage, security and decorative lighting: Permanent LED light strips along the back side of the trusses will provide functional task lighting for the stage. Loading Path: A loading pathway to transport performers' light and sound equipment to the amphitheater from Peakview Avenue.

Other Improvements: Electrical upgrades to Center Park for the amphitheatre project and electrification to the overflow parking lot to be used for events in that area.

We would like to make you aware of the some street improvements in your neighborhood. There will be Mill and Overlay construction starting in late spring through the summer. Mill and Overlay is a process that consists of removing all or a portion of the existing pavement surface using grinding methods (milling) and applying a new asphalt surface usually in a thickness of two inches. The average pavement life is extended 10 to 15 years from this treatment.

Please let us know if you have any questions about your neighborhood, district, or city. We look forward to serving you as your City Councilmen.

Ken Lucas  
Council Member District 3  
(303) 754-3367

Mark Gotto  
Council Member District 3  
(303)754-3407

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15 year old Golden Retriever Bailey update:  
He was adopted and now lives on 5 acres!

## A Puppy Pal for Spring

by Lorraine May, M.A.

Spring in Colorado is a glorious time. Who better to have an adventure with than a new puppy? There are many rescue puppies available for adoption who need loving homes. You can find just about any breed or mix at [www.petfinder.com](http://www.petfinder.com). Just type in the attributes of the dog you desire like age, breed and gender, and they will pop up with contact information for the rescue group or shelter.

Puppy, you say! But puppies are like having a baby. They are so much work and there is so much to learn. A puppy changes your life! Yes, and in so many beneficial ways if you are truly committed to raising him or her right. Here's one way to find out if you are ready for a puppy! See how much you know and how much you are willing to learn.

**Socialization:** The primary and most important time for puppy socialization is the first three months of life. During this time puppies should be exposed to as many new people, animals, stimuli and environments as can be achieved safely and without causing over-stimulation manifested as excessive fear, withdrawal or avoidance behavior. For this reason, the American Veterinary Society of Animal Behavior (AVSAB) believes that it should be the standard of care for puppies to receive such socialization before they are fully vaccinated.

**Behavior Training:** The AVSAB emphasizes that the standard of care for veterinarians specializing in behavior is that dominance theory should not be used as a general guide for behavior modification. Instead, the AVSAB emphasizes that behavior modification and training should focus on reinforcing desirable behaviors, avoiding the reinforcement of undesirable behaviors, and striving to address the underlying emotional state and motivations, including medical and genetic factors, that are driving the undesirable behavior. The AVSAB recommends that veterinarians identify and refer clients only to trainers and behavior consultants who understand the principles of learning theory and who focus on reinforcing desirable behaviors and removing the reinforcement for undesirable behaviors.

**House Training:** Basic Training should support the dog in eliminating correctly instead of correcting his mistakes. Every time the dog eliminates in the house, he is practicing and repeating an undesirable behavior. It is preferable to teach him the desired behavior. Training consists of three choices to avoid accidents, and so that you and your dog begin communicating. He should be in one of these three places.

- 1) The dog is outside eliminating. You praise him as he is going and reward with a treat right there when he finishes.
- 2) The dog is inside the house in a crate or contained area so that he cannot choose to eliminate wherever he likes.
- 3) The dog is leashed to you inside the house to control his meanderings, but also because this is a bonding exercise.

**Expenses:** Adopting a dog requires a financial commitment to his health and well-being. According to a survey of pet parents around the country conducted by Petfinder, the following amounts are estimates of the annual care for a dog. The minimum spent in the first year was \$766, but could be well into the thousands of dollars depending on the level of care and health concerns. Each additional year had a minimum estimate of \$526 which of course had many variables including those related to aging.

**Resources:** Our website [www.mishamayfoundation.org](http://www.mishamayfoundation.org) has a wealth of animal related information on the Resources and Education page. If you don't find what you are looking for there, please email [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) to request a handout on a specific behavior question.

**Finding a Puppy:** Misha May Foundation Dog Training and Rescue happens to have a few dozen pups available for adoption. Here are photos of a few of them. View others at [http://www.petfinder.com/pet-search?shelter\\_id=CO160](http://www.petfinder.com/pet-search?shelter_id=CO160)

**FREE Weekly Drop-in Puppy Socialization Classes for puppies 9 weeks to 5-6 months**  
Saturdays from 12:30-1:30pm Doggie Delights, 1432 S Broadway, Denver  
Weekly Themes with Q&A include: Leash Walking, Crate Training, Leave It, Stages of Learning, Meeting and Greeting, Recall and Aggression

Puppy socialization, playtime, relationship building, developmentally appropriate activities, and training foundations. Socialization is when a puppy experiences his world as a safe, positive and fun place, thus enabling him to grow into a confident, happy adult. Must bring vet records as proof of vaccines. RSVP preferred Email [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) to receive registration form ahead of time. Puppy Handbook included.



### 6 week Obedience and Good Manners class for dogs 5-6 months and older

Saturdays, April 26th through May 31st from 3:30-4:30pm

Saturdays, May 17 - June 28 (skip May 24) from 11:15am-12:15pm

Doggie Delights, 1432 S Broadway, Denver \$100 per dog. All family members are encouraged to attend. Each class will include basic training such as sit, stay and come.

Through individualized attention, we will help you build a strong bond and a mutually beneficial relationship to training and being together. We will reveal the behavior science behind what works so that you have tools for the life of your dog. We will demonstrate how to modify common behavior issues.

Registration required: [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) or 303-239-0382

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of Misha May Foundation Dog Training and Rescue, a 501(c)(3) non-profit animal rescue which offers a wide variety of educational classes to the community. The foundation offers free puppy socialization. Obedience classes, behavior seminars and in-home training welcome all dogs and issues. The Dog Trainer / Behavior Specialist Program is designed for the working person, and teaches our effective reward-based, anxiety-reducing techniques. Misha May was voted #1 Best Dog Trainer 2 years in a row on Denver's A\*List for 2013 and 2012!

[www.mishamayfoundation.org](http://www.mishamayfoundation.org)    [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com)    303-239-0382



## Co-Op Recipe Swap

### Mother's Day Cheesecake Kids Can Make

(Adapted from a Martha Stewart recipe)

#### Ingredients

- 2 packs graham crackers (20 full crackers)
- 1 1/2 sticks butter - melted
- 2 tablespoons sugar
- 2 8-ounce blocks cream cheese (room temperature)
- 1 14-ounce can sweetened condensed milk
- 1 teaspoon vanilla
- 1/4 cup lemon juice (fresh is best)

#### Crust Directions

- Crush graham crackers in a bag until they are fine crumbs.
- Pour crumbs into a medium bowl, stir in sugar and melted butter.
- Press the crumb mixture into a 9-inch round pan (springform works best)
- Chill crust in the freezer for 10 minutes or so.

#### Filling Directions

- Beat cream cheese with an electric mixer until smooth.
- Beat in condensed milk, vanilla and lemon juice (scrape sides of the bowl often)
- Pour filling into the crust and smooth the top.
- Cover with plastic wrap and refrigerate for 3 hours

The Watch & Play Co-Op is a great way for families with young children to meet their neighbors for play groups and childcare exchange.

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