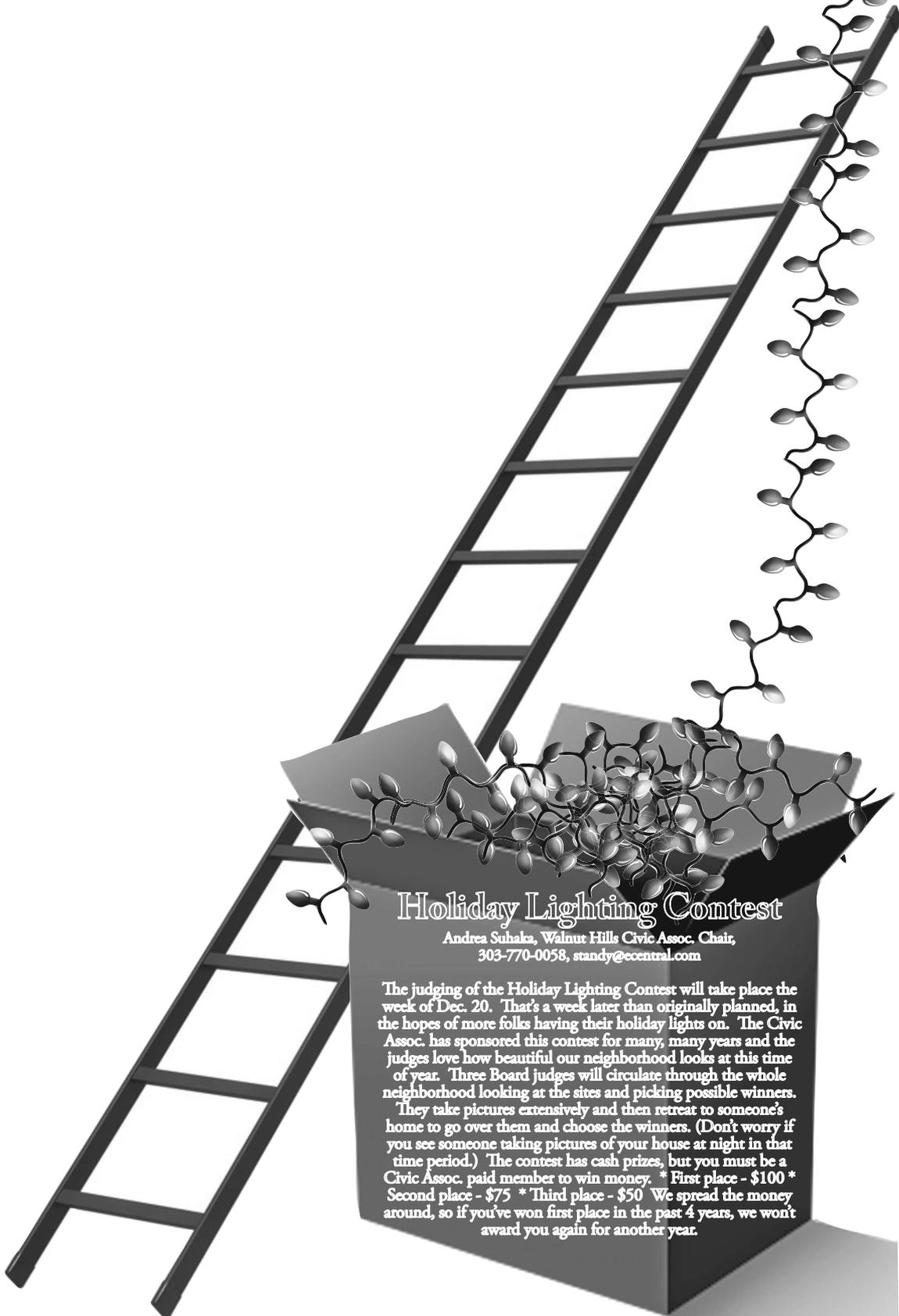


# Walnut Hills Newsletter

A Beautiful Community of Families, Friends and Neighbors for over 50 years



## Holiday Lighting Contest

Andrea Subaka, Walnut Hills Civic Assoc. Chair,  
303-770-0058, [standy@ecentral.com](mailto:standy@ecentral.com)

The judging of the Holiday Lighting Contest will take place the week of Dec. 20. That's a week later than originally planned, in the hopes of more folks having their holiday lights on. The Civic Assoc. has sponsored this contest for many, many years and the judges love how beautiful our neighborhood looks at this time of year. Three Board judges will circulate through the whole neighborhood looking at the sites and picking possible winners.

They take pictures extensively and then retreat to someone's home to go over them and choose the winners. (Don't worry if you see someone taking pictures of your house at night in that time period.) The contest has cash prizes, but you must be a Civic Assoc. paid member to win money. \* First place - \$100 \* Second place - \$75 \* Third place - \$50 We spread the money around, so if you've won first place in the past 4 years, we won't award you again for another year.

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<sup>2</sup> Classic card rate tier at 16.99% may be assessed \$15 annual fee. With approved credit. See [metrumcu.org](http://metrumcu.org) for additional card details.



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### Walnut Hills 9-Hole Disc Golf Course

The Walnut Hills Civic Association will be working with South Suburban Park & Recreation District (SSPRD) and the City of Centennial Open Space Advisory Board to potentially install a nine-hole disc golf course within the open space along Little Dry Creek this summer. Initial indication from SSPRD is that they would be supportive of the Civic Association applying for a matching grant this spring as long as the baskets are kept away from backyards. We also plan on approaching the City of Centennial Open Space Advisory Board to see if they would be willing to chip in for the project, we have volunteers lined up to install the baskets, and we have a potential donor for the concrete.

As DiscGolf.com puts it, "Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and you like to have fun, you can play disc golf." For those that have not heard of disc golf, it is basically like regular golf, but instead of hitting a ball to a hole, players throw a Frisbee® or "disc" towards a basket hanging from a metal pole. The object of the game is to complete each hole in the fewest number of throws. The player with the lowest total cumulative score wins.

If you have noticed some wooden markers with pink flagging tape attached, these are the potential disc golf baskets. The wooden stakes say "potential disc golf basket." We are looking at four potential baskets between Quebec Street & Spruce Street, two potential baskets between Spruce Street & Walnut Hills Elementary School, and three potential baskets near Walnut Hills Park. This would give us a fairly spread out 9-hole course. The intent is for this to be an informal disc golf course like what was constructed in Willow Creek. The course would not have tee-boxes, but would instead encourage groups to take turns picking the spot to throw from.

If you have any comments or questions about the potential project, please feel free to contact Brian Bern at BrianBern@gmail.com. Brian Bern - Neighborhood 12 Representative



### Walnut Hills Soccer Standout Commits to CU-Boulder



Walnut Hills resident and native, Caitlin McPherson, committed this fall to play soccer for the University of Colorado at Boulder.

She currently plays for Colorado Storm U16 and is part of the Elite Clubs National League, a program that allows the nation's top female soccer teams to compete around the United States.

McPherson regularly attends U.S. Soccer Federation and Olympic Development Program invitation-only trainings and has been named the top goal keeper in the 15-state region and is

considered one of the top goal keepers in the United States.

In 2013, her team played in the national tournament in Richmond, Virginia. And in 2014, her team played the national champions from Southern California twice, tying 1 to 1 both times.

In 2011, her team was named Colorado State Cup champions and a finalist in 2012. She was team captain both years.

McPherson, a six-foot-tall sophomore at Cherry Creek High School, holds a 3.8 grade point average.

CU-Boulder's women's soccer team is among the top programs in the country. Last year the team reached the Sweet 16 in the NCAA tournament.



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## Letter to the Editor:

My husband and I have been residents of Walnut Hills for 38 years on South Tamarac Court. Yesterday being Veterans Day, my husband hung our American Flag to honor our Veterans. My husband is also a Veteran and the flag he uses is the flag that he got when he left the Navy; it was from the last ship he served on. I guess one of the plastic clips broke and the flag was blown to the ground. We thought it was lost for a day, but someone had picked it up and put it in our mailbox! We would like to thank whoever did that, as it was a very kind thing to do. Barbara Koeneke

## 2015 Scholarship Announcement

**WH Scholarship Board Approves \$10,000 for 2015 Walnut Hills Graduates**

At a recent meeting of the Walnut Hills Scholarship Committee it was decided that four \$2,500.00 College Scholarships would again be awarded for 2015 Walnut Hill's graduates planning to attend college in 2015. These scholarships are good at any accredited college in the United States.

However, this year an additional (fifth scholarship) of \$2,500.00 will be offered if the current level of support and the number and quality of applicants continue to increase, as it has in the past several years.

It is through the efforts and contributions of Walnut Hills residents that these scholarships are available. Last year residents contributed over \$6,600 and the Walnut Hills Civic Association and the Walnut Hills Newsletter contributed an additional \$3,500. Since this exceeded the \$10,000.00 given out last year, we are able to add the possibility of an additional \$2,500.00 scholarship this year. Contributions can be made with the Walnut Hills Civic Assn. dues in March or can be made directly to: The W. H. Scholarship Fund at 7219 S. Tamarac Ct. Centennial, CO 80112. Scholarship Applications will be available in the Post Grad Center at Cherry Creek High School or may be picked up from John Fuller 7219 S. Tamarac Ct. 303-771-2838 after January 1, 2015. The deadline for submitting applications is Wednesday, March 4, 2015.

The Walnut Hills Scholarship Committee welcomes any comments or suggestions. They can be directed to the Walnut Hills Scholarship Fund at 7219 S. Tamarac Ct. Centennial 80112, or to any of the members of the scholarship committee: John Fuller, Diane Graham, Joan Rowe, and Eric Schultz.

## South Suburban Parks and Recreation

**Holiday Pass Sale**, November 21–December 31, at Douglas H. Buck Community Recreation Center, 2004 W. Powers Ave. Littleton, Goodson Recreation Center, 6315 S. University Blvd., Centennial and Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree. 10% off admission passes and punch cards, personal training (includes Pilates reformer) by certified experienced trainers, massages at Goodson and facials at Buck. Passes provide access to drop-in fitness classes, weight room, state-of-the-art cardiovascular equipment, running track, indoor cycling, & leisure pool and gym. For more information, call 303-347-5999.

**FREE Holiday Ice Shows at 2 locations** Bring a canned or packaged food item for our annual food drive benefitting Food Bank of the Rockies. For more information, call 303-798-7881.

- South Suburban Ice Arena, 6580 S Vine St., Centennial on Fri., Dec. 12, 6 pm & Sat., Dec. 13, 3:15 pm. For more information, call 303-798-7881.
- Family Sports Center, 6901 S Peoria St., Centennial on Sun., Dec. 14, 3:15 pm. For more information, call 303-708-9500.

Skate with Santa at 2 locations

- South Suburban Ice Arena, 6580 S Vine St., Centennial on Fri., Dec. 12, 7-7:45 pm & Sat., Dec. 13, 2:15-3 pm. For more information, call 303-798-7881.
- Family Sports Center, 6901 S Peoria St., Centennial on Sat., Dec. 13, 1-1:45 pm, Sun, Dec. 14, 2:15-3 pm. For more information, call 303-303-708-9500. Public Skating fees apply.

**Parents Night Out**, Fri., Dec. 19, 6-9 pm, Goodson Recreation Center Gymnastics facility, 6315 S. University, Centennial. Kids 5-12 years enjoy a night out in a safe environment and are entertained in our state-of-the-art gymnastics facility. For more information, contact Ashleighk@sspr.org. Please feed children before arriving at the gymnastics facility or send a snack. No food or beverages supplied. For more information, contact AshleighK@sspr.org.

**New Year's Eve Extravaganza for Youth**, Wed., Dec. 31, 8-11 pm, Family Sports Center, 6901 S Peoria St, Centennial. Ages 8-13 celebrate the start of 2015 by enjoying laser tag, eXerGame Zone, inflatables, bumper cards, ice skating, toasting sparkling cider while watching the ball drop in New York's Time Square at 10 pm Mountain Time. Light snacks provided. Fee: \$15 online, \$20, class #4890012. For more information, contact Christina at 303-754-1052 or christina@sspr.org.

**Pancake Breakfast with Santa**, Sat., Dec. 6, Seating at 8:30 and 9:30 am, Douglas H. Buck Community Recreation Center, 2004 W. Powers Ave., Littleton. Bring the whole family to this event, ages 3 months-Senior. Pancake breakfast and photos with Santa. Seating is limited, registration required. For more information, call 303-347-5999.

**Annual Holiday/Customer Appreciation Sale**, Thu., Dec. 11, 5 – 8 pm Lone Tree Golf Club & Hotel Clubhouse, 9808 Sunningdale Blvd., Lone Tree. This is your opportunity to receive great prices on all your golfing needs and apparel. There will be specials on food and drinks in the grill. Enjoy a Holiday evening with your friends and fellow golfers. For more information, please call 303-790-0202.

**A Lone Tree New Year's Eve 2014**, Wed., Dec. 31, 2014, 8:00 PM to 1:00 AM, Lone Tree Golf Club & Hotel, 9808 Sunningdale Blvd., Lone Tree. Dance the night away and ring in 2015, \$160 per couple, plus tax. Enjoy heavy hors d'oeuvres and an amazing dessert display, party favors, music and dancing, midnight champagne toast, two drink coupons per person and cash bar for \$160.00 per couple, plus tax and service. Reservations required. And stay overnight on New Year's Eve which includes a New Year's Day hot breakfast and late checkout:

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**Troop 574** is enjoying Fall, having started off the month of November with its 3rd annual Punkin' Chunkin' event at Hunters Hill Park. Each year we continue to get more spectators and participants, as well as building better ballistas to launch the many pumpkins donated for the event. We sent a



lot of orange orbs into the afternoon sky off the top of the park's hill, and in one case, a resourceful scout turned a pumpkin into a flying piñata, stuffing Halloween candy inside before launch. Eager children waited below for their chance to add to their Halloween candy bounty, and hot cocoa, hot cider and dutch oven desserts helped end the day for all that attended.

For Veterans Day, we invited local residents to a special flag retirement ceremony that ended up being indoors due to the weather, and we had several veterans attend. The scouts honored our service men and women with a brief history of the national holiday, as well as showing the proper way to retire the several worn flags donated the past few months by local residents, including a Walnut Hills resident and veteran.

November is considered "Do a Good Turn" month in Scouting, and the troop also participated in "Scouting For Food" as part of the annual 9Cares Colorado Shares drive. We appreciate all residents that answered the call to the door hangers left during the week, and donated non-perishable food items - the troop was able to deliver 408 pounds of food on November 15th. Afterwards, a few scouts joined their Scoutmaster in a day of indoor bouldering and rock climbing. The weekend was supposed to be a bike ride to Chatfield Reservoir to camp overnight as the troop continues to work on the Cycling Merit Badge, but unexpected winter weather prevented this from happening.

December will start with another service project, volunteering at the Denver Santa Claus Shop for an evening as we have done for the past 10 years. We will sort donated toys and begin building the temporary "toy store" that has provided a holiday toy to an average of 16,000 children a year for the past 5 years, and is Metro Denver's largest annual toy drive for needy children during the Holiday Season. Before the holiday school break, the troop will go camping in mid-December, and have its annual holiday pool party. Here's to an adventurous 2015!

For more information on Boy Scout Troop 574, please visit our website at [www.centennial574.mytroop.us](http://www.centennial574.mytroop.us). We are looking for young men ages 11-17 interested in the outdoors and learning about responsibility, teamwork and leadership.

**Troop 257** has been actively participating in the community and other events.

On October 25, Troop 257 scouts volunteered at the Kids Against Hunger food packing event. We helped pack over 30,000 meals for Denver food banks and shelters. Some of the key ingredients in the meal were soy, cheese, noodles and other nutrients. For 2 hours we ran back and forth delivering these ingredients to the 8 different packing tables. At the end we helped clean up and talked with the people who were running the event. We all had a great time and really helped out the community. Since we had such a good time we plan on volunteering at these events in the future.



The troop also helped out at the fall dumpster day on October 11. Every 6 months we sell First Aid Kits at these dumpster days for fundraising and promoting safety and preparedness in the car and at home. For almost three hours we sold doughnuts, coffee, and first aid kits. The troop always has fun at these events and plan to be there whenever we can.

Troop 257 meets every week at Walnut Hills Elementary from 7:00-8:00. If you are interested in joining come visit us or contact our scoutmaster [andrewberke@earthlink.net](mailto:andrewberke@earthlink.net).

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# Fall Dumpster Days

Photography by Jesse J. Alcorta



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## Walnut Hills Home Sales and New Homeowners

September 18th, 2014 thru November 21st, 2014

- 7595 E. Davies Ct: Sold \$370,000, New owners: Joshua and Stacy Haiar
- 8490 E Briarwood Ave: Sold \$350,000, New owner: Sandirasegaraiyer and Sathia Vivekanandasarma
- 6953 S Trenton Dr: Sold \$345,000 New owner: Russell and Amanda Berends
- 7215 S Quebec Ct: Sold \$339,000 New owner: Moses and Rebecca Regidor
- 7360 E Easter Ave: Sold \$338,400 New owner: Narissa Webber and Warren Wu
- 7517 E Fremont Dr: Sold \$328,000 New owner: William and Sandra Stokesbury
- 7. 7120 S Tamarac Ct: Sold \$313,500 New Owner: Andrew Henry
- 7272 S Tamarac St: Sold \$305,000 New Owner: Parker and Elizabeth Boone
- 7323 S Tamarac St: Sold \$290,000 New Owner: Ralph and Victoria Eberhardt

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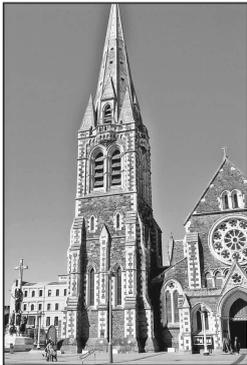
## One of my favorite places

Jesse J. Alcorta

One of my favorite places is New Zealand, composed of two islands in the South Pacific, east of Australia. Separating Australia and New Zealand is the Tasman Sea. New Zealand, itself, is composed of two islands, the North Island and the South Island, separated by the Cook Strait. The capital is Wellington, located on the southern end of the North Island. The inter-island ferry runs on a daily basis serving both islands. I have spent a lot of time in Christchurch, New Zealand, over

the years and recently returned from a three-week business trip. I have also travelled in or through Lyttelton, Otago, Kaikoura, Hammer Springs, Greymouth, and Westport. Polynesian islanders, the Maori, came to New Zealand around 800 A.D. while Abel Tasman, a Dutchman sighted the islands in 1642, although he did not land there. Captain James Cook landed on the islands in 1769 and Europeans made their way to the islands, settling it and making their homes there. In 1840, the Treaty of Waitangi was signed between the English government and the Maori, placing the country under British rule. Many of the Maori feel that despite the treaty giving the Maori "equal rights" it has led to the impoverishment of their people. The mix of English and Maori heritages can be seen across the country in the cross-adaptation of cultural influences. There are direct parallels within US history as Europeans and Native Americans came together.

Christchurch is the third largest city with a population of approximately 370,000 people. The *de facto* language is English, while Maori is the *de jure* language. The city retains much of its English colonial setting having been founded in 1856. The people across New Zealand are, in my opinion, some of the nicest and politest people one can hope to meet in travel.



Getting around the city is relatively easy. I have utilized taxis when I am in a hurry, city bus lines when I have time for myself and shuttle services, which can take forever but can haul luggage at a reasonable rate. The bus lines can get you from the airport to anywhere in the city and to Lyttelton if you need to get to the shipping ports.

One of the first ventures I took outside the city was to Greymouth on the western shore of the South Island. Greymouth is just as the name implies, gray skies most of the time, and likely to be raining. If you are looking for a simple day

trip, I recommend taking the TranzAlpine train from Christchurch to Greymouth and returning later in the day. The rail trip takes you through Arthur's Pass National Park and through some great scenic countryside. If you like to drive and have time then rent a car. You can stay in Greymouth a little longer and see some of the coal and gold mining activity that built the area or drive the western shoreline, if it isn't raining.

Christchurch has many things to do and see. The earthquakes of 2010-12 destroyed a number of historic buildings and churches. The historic preservation of these buildings is paramount to many citizens because it represent a connection to their past. Sadly, some of these buildings, built in the late 1800's and early 1900's are now gone. The iconic Christchurch Cathedral was severely damaged in the February 2012 earthquake. Yet two years later, there is still considerable discussions on how to save the structure. Make your way to the original City Center Square and see the remnants of this cathedral before it is gone. Oh, and see the Millennium Sculpture, the "ice cream cone" before that goes away too.

There are a number of great places to eat, especially if you like Thai, Indian, and Chinese food. I highly recommend going to Strawberry Fare if you really like dessert. They have been in the city since at least 1992 and their menu changes on a regular basis but the desserts are why one goes there. Chocolate desserts and perhaps a nice pinot noir from one of the local vintners will cap the evening. If you feel out of place, try Drexel's Restaurant,



which serves a very "American style" breakfast and you might even run into a few ex-pats there. For dinner fare there are a number of great places and lamb is usually a good choice.

If you're only in Christchurch for a few days, you can go punting on the Avon, visit the Canterbury Museum, the Botanical Gardens, Orana Wildlife Park, Willowbank, The Court Theatre, or ride the Christchurch Gondola. The Court Theatre presents the Maori heritage in song and dance and is worth the effort to see. If you go to Willowbank, make sure your camera is good to go as there is the chance

to see the Kiwi, the national bird of New Zealand, sadly now an endangered species. There are five species of Kiwi, the total population numbers between 50,000 and 60,000 birds, down from over five million prior to the 1930's.

Christchurch is the gateway city to Antarctica so visit the International Antarctic Center. Many of the famous explorers of the heroic age, including Shackleton, Scott, Amundsen, and Hillary departed from Lyttelton and Christchurch to Antarctica. I had the pleasure of meeting Sir Edmund Hillary in the early 2000's before he passed away.

And if you have the chance...go see the wizard of Christchurch...Vacation season starts around the beginning of November and runs through late February. Pack sun screen.



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### Happy Retirement! Or ?

Jo Haugland

You've worked and planned and now the time is finally here. Retirement! Speaking from personal experience, retirement is great and is way less stressful than being in the work world. Now there's time to do everything you wanted but couldn't because you were working. Sleep

in, read a book, stay inside all day when it's cold, bake bread, work on your favorite hobby, take walks, attend classes, go to the museum. The possibilities are endless and I feel busier now than when I was at work. Some people have a lot more trouble adjusting to retirement than I did. These people were secure having a place to go and a job to do every day. They miss their co-workers or those they supervised. Their identities were tied to their jobs. They WERE their jobs. Fortunately for me, I never identified strongly with work so my transition was probably easier than for some.

Certain retirees are confused about who they are after they retire and then they are thrown into a different home life to boot. Some retirees have spouses that still work. Others find themselves at home all day with a previously retired spouse.

Here's where things get interesting. The folks with spouses that still work are often at a loss about what to do. They'd like their working spouse to travel with them or to do things during the day, but they can't get their activities scheduled as their "other half" is still working.

Then there are the retirees that find themselves home all day with their spouse. They were never at home all day together when they were both working. This is a new experience and continuous companionship can be unnerving at best. The stay-at-home relationship might be fine or maybe not. One or both retirees might opt go back to work.

Despite the lifestyle changes, or the variety of situations a person might encounter, retirement is the perfect time to reclaim your personal self and time. Re-learn who you were before you raised a family and worked. Even if you have to go it alone, it's worth it to travel, to get involved in activities you enjoy, to volunteer doing or teaching the things you love.

Encourage yourself to be independent and adventurous. Try that new activity, join that group, or introduce yourself to that neighbor that you've never met. Be your own cheerleader. Remember what once gave you joy and passion and retrieve it. Dig out your paintbrushes, your dancing shoes, your cello, your antique car. Find your bridge friends, your exercise buddies, your bike, and your crafts. Learn something new or go back to a favorite past-time.

Everyone will develop their own new "retirement routine". Sleep a little later, enjoy a peaceful cup of coffee, do daily chores, pursue hobbies, exercise, meet up with friends or social groups.

Retirement is the time to set goals to achieve in your free-time years. Write your bucket list, plan your exotic trip -- you have earned your retirement to fulfill your dreams.



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Ellen Weston Squires

It's easy to support our local elementary students when you shop on-line via the Amazon.com Smile program. Simply type smile.amazon.com and select WHE PTO as the charitable

organization. You only need to select WHE PTO once. Thereafter, make sure to type smile.amazon.com every time you want to shop on Amazon.com. Amazon.com will donate a portion of all eligible purchases to Walnut Hills Community Elementary at no cost to you! Thank you for your support -- every penny helps!

Ellen Weston Squires is the Recording Secretary for the Walnut Hills Community Elementary PTCO and a Walnut Hills resident.

### Where We Hail From

Bruce Ferguson

The pounding of the hail on the roof was soon followed by the popping of nail guns. Between the election and the roofers the phone rang incessantly. The biting cold brought it all to halt, silencing the nail guns at least for a spell. I didn't see a single bird in that cold. Even dogs refused to go out. At least the election was over. Bitterness is a word that describes many things.

After killing two rosemary plants over the last two winters, I have given up bringing them indoors. I was going to try and keep some cuttings from the geranium in the pot by the front door in the house this winter but the cold got them before I could. I did move a few pots into the garage but even there the lemon grass succumbed to the cold. My little bay tree however has taken up its place by the back door where it has spent the last three winters.

The bulk of the leaves from the ash trees were torn from their limbs by the hail while they were still green. I usually compost all the leaves, but these I just bagged and put in the trash, finding a place to keep them while they decompose gets a bit overwhelming at times.

The cheap plastic window well covers I installed over the basement windows disintegrated



Photography Jesse J. Alcorra

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under the pelting of the hail. As I was cleaning out the debris, I found two garter snakes huddled in the corner of the well. The first I was able to just pick up and remove. The other was a bit more feisty hissing and displaying his red tongue. I ended up getting a pair of tongs out of the kitchen drawer and removed him with them. Last I saw them they were making for the neighbor's yard.

The word hail, that is the ice precipitation, derives from the greek word for a small round pebble. The word hail, that is the greeting, is derived from the old Germanic roots and is a reference to health as in good health to you. So that is where we hail from.



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## Helping the Anxious Dog

by Lorraine May, M.A.  
Executive Director and Head Trainer at Misha May  
Foundation Dog Training and Rescue

Even if your dog is not typically an anxious one, the holidays can certainly affect him due to schedule disruptions, unfamiliar visitors and environmental changes such as decorations and large or loud gifts. An anxious dog

can even become worse.

The following ideas can be helpful with both generally anxious dogs and dogs with separation anxiety. If your dog has separation anxiety, however, very specific protocols need to be utilized to address his irrepresible desire to escape to reach you as well as his panicked behavior that begins shortly after you depart and continues until you return. Please email [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) for free handouts on diagnosing and treating separation anxiety.

Read through the following suggestions and then choose options that seem reasonable and manageable to you. Most are readily available at your local pet supply or health food store, or on-line.

**Realistic Expectations:** Don't expect your dog to behave well around unfamiliar adults, children or gatherings if you have not practiced and prepared for these circumstances. Some dogs are natural welcoming greeters who socialize well. Many are not, often due to previous negative experiences, lack of proper socialization and training, or breed tendencies to guard or herd.

**Containment:** Allow your dog to retreat to a safe place when visitors are due. Some dogs require a closed door; some do well with a gate; others may prefer a secluded crate. Be thankful if you have a dog who knows how to manage his anxiety by retreating. Remove him gently if you see subtle stress signals such as lip licking, yawning or tucked tail. If he is barking, cowering or shaking, you have probably missed seeing the subtle signs, so he is trying harder to get your attention. Lure him with a treat or toy to a quiet spot where he can feel safe.

**Music:** Through A Dog's Ear is a highly acclaimed CD of soothing music especially arranged for the canine ear. Fortunately, it tends to relax us humans as well, thus providing a pleasing ambiance for all.

**Sound:** Never underestimate the power of a radio or TV, a fan or a fountain, to act as a white noise blanket when a chaotic party or lively friends threaten your dog's peace of mind.

**Flower Essences:** Bach's Rescue Remedy is a blend which restores emotional balance. The easiest way to administer it is to place 4 drops in the water bowl each time you refill it. It has no ill effects on whichever pet chooses to drink from the bowl. In addition, you can place 4 drops on treats as needed for specific situations.

**Thunder Shirt:** This specially designed coat applies firm pressure creating a sense of security. It can be used for anxiety as well as during thunderstorms. Some people even see similar results using sweaters.

**Calming Training Protocols:** Please email [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) to receive the handouts for Relaxation Protocol, Relax on a Mat and Calming Ovals. Practiced over time, these can result in a dog who can self-soothe as necessary, as well as develop the capacity to tolerate more of society's challenges, including holidays.

**Essential Oils:** Lavender is considered by many to be the safest calming oil. Do not apply directly to the dog due to potency, but place a few drops on his bed or on the humans' hands or clothing. Specific blends of oils are also available such as Peace and Calming through Young Living Oils or Merlin's Magic Calming Potion from Frogworks.

**DAP: The Dog Appeasing Pheromone** is now available as a collar, spray or room diffuser. This has been shown to have a calming effect on dogs of all ages.

**Supplements:** Your veterinarian may be able to recommend a nutritional supplement with calming properties. You may also seek the services or recommendations of an acupuncturist, massage therapist or chiropractor.

**Animal Reiki Certification:** You can easily learn Reiki in order to help your dog relax and not suffer the health problems related to anxiety and stress. Contact [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) for more class information or to register.

Animal Reiki Certification

(3 days) – offered only once in 2015

Doggie Delights, 1432 S Broadway, Denver

Friday, January 23 from 11:15am-5:15pm

Saturday, January 24 from 11:00am-4:45pm

Sunday, January 25 from 11am-3:45pm

Cost of 3 day program / certification / course manual / hot tea

and daily refreshments. Registration required.

Mention this article: cost is \$350.

After December 31: cost is \$375.

After January 15: cost is \$400.

This class will teach the students how to experience the world from the animal's perspective. Attendees will learn Reiki practices, as well as communication, handling strategies, physiology, psychology and more. Lorraine May is the creator

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of the Misha May Foundation, a 501(c)(3) non-profit dog rescue which offers a wide variety of educational classes to the community. The Misha May Foundation was voted #1 Best Dog Training on Denver's A\*List 3 years in a row! The 6 week Understanding Dogs Behavior class has a unique individualized approach. The Dog Trainer Apprentice Program is designed for the working person and teaches our effective reward-based, anxiety-reducing techniques. [www.mishamayfoundation.org](http://www.mishamayfoundation.org)  
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of the class and the instructor. Animal lovers, including rescue personnel, holistic practitioners and dog owners will find this class particularly useful. The course demonstrates a variety of specific techniques, with hands-on application. Each day includes hands-on practice. Special attention is paid to trauma reduction and calming protocols. The result is often the alleviation of symptoms such as pain, fear and anxiety, as well as positive changes in behavior.

Reiki does not replace other kinds of medicine but collaborates with them, to create a multi-level approach impacting not only the physical body, but the emotions and the mind.



Lucky is a young retriever whose life has not been lucky. Even so, he is a sweet friendly guy who could do well in most homes where there was a friendly dog and someone home to help him transition well. Change triggers Lucky's anxiety.



Sat, Dec 6 @ 12-4  
Holiday Pet / Family  
Photos & Open House

Doggie Delights, 1432 S Broadway, Denver

Refreshments, gift items, prizes, holiday photos. Dogs welcome.

Open House: RSVP preferred at [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com). No charge.

Holiday Photos: Drop in or reserve an appointment at [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com)

Professional Photographer: Melissa Mullins ([Melissamullinsmedia.com](http://Melissamullinsmedia.com))

Your session will include two digital images that will be available for download after the event, which you can print up to an 8 by 10 size. You will also be sent a link to an online gallery for ordering prints, products, holiday cards, and even metal ornaments.

Suggested Donation of \$10-25 goes to Misha May.

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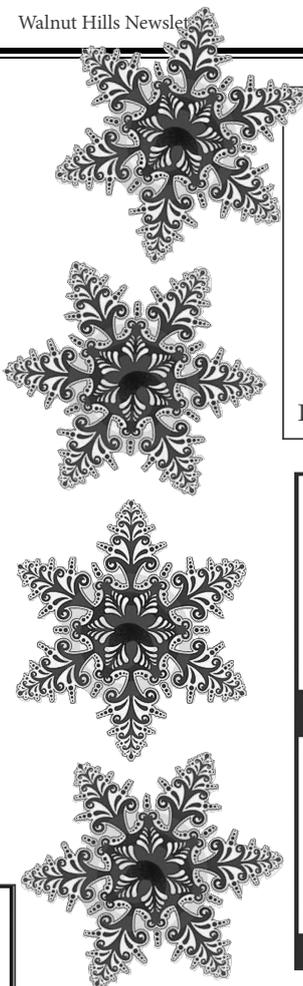
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