

Walnut Hills Newsletter

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

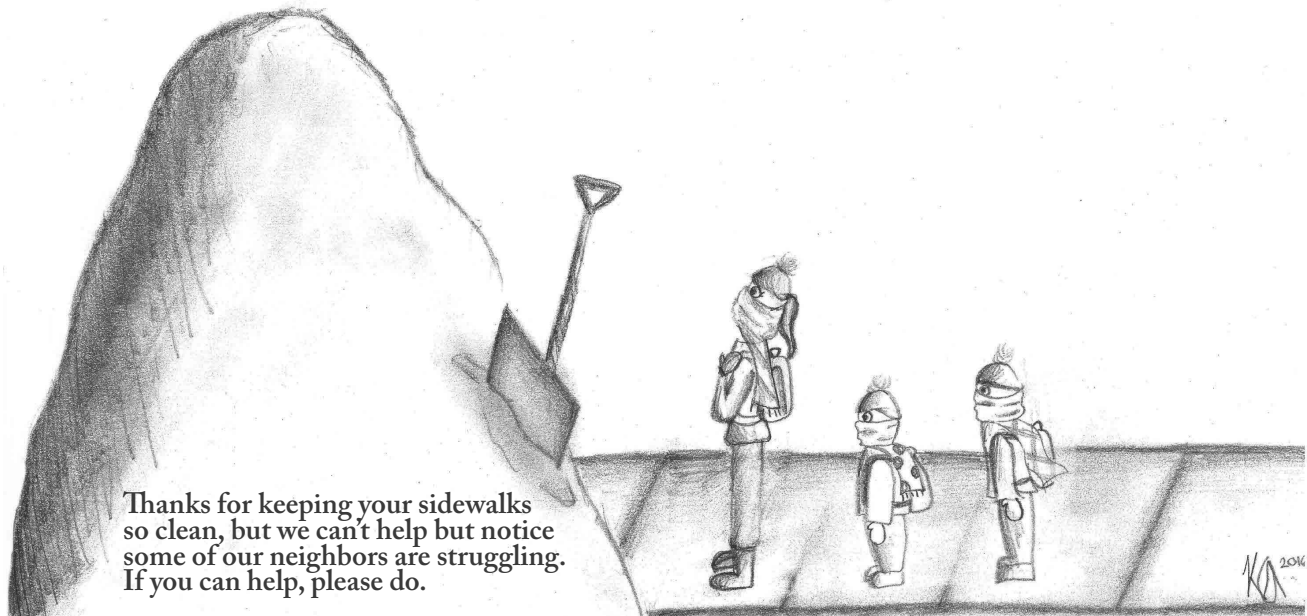
Rezoning Public Hearing

Application to construct a parking lot expansion that requires the demolition of a house on the western lot and the installation of a new buffer along the E. Briarwood Avenue and S. Willow Street frontages. A public hearing before the City Council will be conducted for the referenced application at:

Time: 7:00 p.m.

Date: Tuesday, February 16, 2016

Location: City of Centennial Civic Center Council Chambers
13133 E. Arapahoe Road, Centennial, CO 80112



Thanks for keeping your sidewalks so clean, but we can't help but notice some of our neighbors are struggling. If you can help, please do.

High School Seniors - Apply now for \$10,000 in Scholarships (Applications in Post Grad at CCHS)

Walnut Hills Scholarship Reminder Four \$2,500 Scholarships for Walnut Hills H.S. Seniors

Just a reminder that the deadline for the Walnut Hills Scholarship is coming up March 9, but the sooner the application is completed and submitted - the better. Transcripts should be requested by the end of February with 7th semester grades included and recommendations should be requested in time for people to have time to complete them. Don't forget SAT &/or ACT Test Scores (they can be unofficial). Applications are available in the Post-Grad Center of CCHS or from John Fuller at 7219 S. Tamarac Ct. - 303-771-2838

Walnut Hills Civic Association Annual Meeting March 10

Andrea Suhaka, Walnut Hills Civic Assoc. Chair, 303-770-0058, standy@ecentral.com

The Walnut Hills Civic Assoc. will hold it's Annual Meeting on Thurs., 10 March, at Metrum Community Credit Union (6980 S. Holly Cir., 80112) beginning at 7 pm. Contact me if you need directions.

We will hear from the Arapahoe County Sheriff's Office; our Councilmen (Gotto and Lucas) have already RSVPed; if appropriate, I will try to get the owner of the Arapahoe/Yosemite project to attend; and I'll attempt to get someone from the Arapahoe/I-25 project to attend. It should be an informative meeting.

We will also have Board member elections. We currently have 3 vacancies and the Board members for our even numbered neighborhoods will be up for re-election: Andrea Suhaka (2), Myra Garcia (4), Julie Gamec (6), Abbas Fazal (8), Traci Pole (10), Brian Bern (12), and Monica Danfelter (14). Monica Danfelter and Traci Pole joined the Board in mid-year. To see the areas of the Neighborhoods, go to our website (www.walnuthillscolorado.org) and click on "Board of Directors".

Heads' up, Residents, Dumpster Days May 14 & 21

Andrea Suhaka, Walnut Hills Civic Assoc. Chair, 303-770-0058, standy@ecentral.com

Our first Dumpster Days for the year are coming up on May 14 & 21. You must be paid members of the Walnut Hills Civic Assoc. to take part. We will hold it at Walnut Hills School beginning at 8am and continue until either the garbage trucks are full or 11am, whichever is earlier. We cannot accept any electronics as it is now illegal to throw them in the trash. Our Electronics Recycling day will be 8 October. We can't accept bricks or concrete, either. The "metals guy" will also be present. More information in the next Walnut Hills Newsletter.

Walnut Hills Residents, Please Take Note

Andrea Suhaka, Walnut Hills Civic Assoc. Chair, 303-770-0058, standy@ecentral.com

Children walking to school (Walnut Hills or Dry Creek) are finding it very dangerous because so many people don't shovel their walks. Though Centennial doesn't have an ordinance to force shoveling, please, keep the children in our neighborhood safe by shoveling, hopefully, by 8:30am when they are on their way to school. Note, it is illegal to throw the snow you're shoveling into the street, it must be put up on your property. If you shovel, it helps alleviate the icing problems in the streets, somewhat. Please, be considerate and clear your walks!

Walnut Hills Easter Egg Hunt

It is still cold outside, but spring is right around the corner and so is the Walnut Hills Easter Egg Hunt! This year, the hunt will be on Saturday, March 19th at 11 am (with a snow date of March 26th) at Walnut Hills School Park.

The Easter Bunny is working hard to get a lot of goodies and treats for the Walnut Hills Kids and we hope you can attend!

As always, we are looking for fantastic volunteers to help with the event: an approx. 1.5 hour commitment on the day of the event to help with our craft table, cookie walk, distributing the goodies, clean-up and one special person to be the Easter Bunny (costume will be provided). If you are interested, please contact me directly.

Thank you to all the Walnut Hills Civic Association members, your dues make this, and all of our neighborhood events possible! The WHCA can be joined at any time by logging into our website, www.walnuthillscolorado.org and visiting the dues page, clipping and mailing the membership form in the Walnut Hills Newspaper, or look for our yearly membership drive mailer coming in March. Julie Gamec - WHCA, Neighborhood 6 303-263-6823 julezkat@aol.com



Walnut Hills Residents Urgent!

Andrea Suhaka, Walnut Hills Civic Assoc. Chair, 303-770-0058, standy@ecentral.com

Walnut Hills is desperately short of volunteers to shovel snow for resident seniors and the disabled that can't shovel for themselves. A number of last year's shovelers have not returned and we are getting more and more calls for help shoveling. Please, consider shoveling for a person in Walnut Hills who really needs your help. You can call Jeryl Tippetts at (303) 946-7648 or email jeryltippetts@gmail.com to volunteer. Jeryl matches shovelers with a person living nearby who needs help. Please, consider helping.

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** Consult your tax advisor for details.

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Meet the Advertiser

All Seasons Rent All was originally opened for business in October 1979 as a United Rental franchise by my parents, Judie and Roger Gershaw. I am Matt Gershaw, son of Judie and Roger, and now the co-owner/operator of All Seasons Rent All.

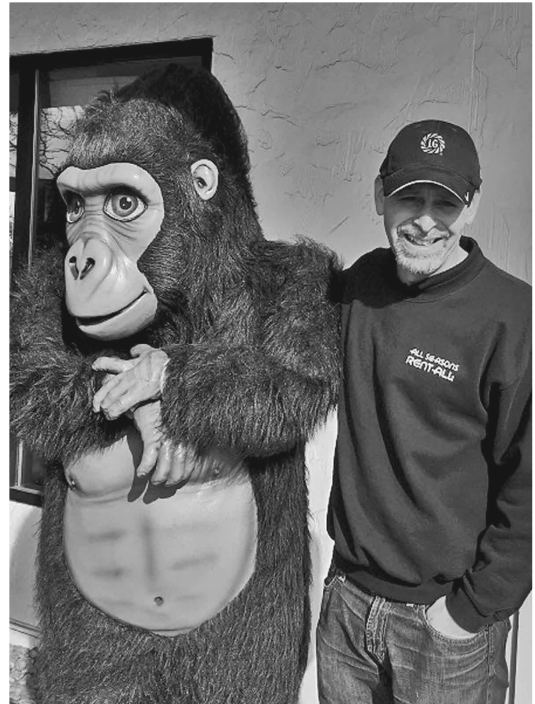
Judie saw what is now our present site being built as a United Rental and suggested to Roger to join this franchise. They had no experience in this area, but fortunately through the years with guidance of many others and our customers, they and the business have grown and flourished for its first 36 years.

I grew up in the business from the ground up, starting with washing and servicing equipment on the weekends and after school, then moving on to deliveries and warehouse work once I was old enough to drive, and eventually working the counter and becoming General Manager once I finished my college education. Shortly after receiving my Bachelor of Science in Business Management from the University of Colorado at Boulder, I joined my family in the rental business permanently and full-time. With the new year of 2016, Roger and Judie have decided it is time for

me to run the business so they can enjoy retirement while it is still manageable. They feel my education and experience have given me the ability needed to successfully continue our company.

Our family **GREATLY** appreciates the years of support and repeat business we have received from our customers and community. We wouldn't have survived if it wasn't for you, our customers. You can count on us for everything needed for your party or event, lawn and garden equipment to make your yard the envy of the neighbors, costumes available all year long, medical equipment for visiting relatives or that unexpected injury, and even the best value on propane in the area.

As Roger and Judie have served you over the past 36 years, I hope to maintain the same level of service and quality that you have come to expect from us. Thank you again for the years of support and good-will we've received and I look forward to serving you for many years to come!



*Randolph E. Fincher, O.D.
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January 12, 2016

Re: Case Number LU-15-00306, Willow Bend Rezoning Plan
Location: Southwest corner of E. Arapahoe Road and S. Yosemite Street, Centennial, CO

Please be advised that Arapay, LLC (the "Applicant") proposes a rezoning of two (2) lots totaling 0.946 acres from Urban Center (UC) and Neighborhood Conservation (NC₉) to Activity Center (AC) under the Land Development Code (see page 2). If the rezoning application is approved, the Applicant plans to construct a parking lot expansion that requires the demolition of a house on the western lot and the installation of a new buffer along the E. Briarwood Avenue and S. Willow Street frontages. Any future parking lot expansion requires approved Final Plat and Site Plan applications prior to construction. The rezoning application alone is being considered at this time, with a Final Plat and Site Plan to follow at a later date (if the rezoning is approved).

A public hearing before the Planning and Zoning Commission will be conducted for the referenced application at:

Time: 7:00 p.m.
Date: Wednesday, January 27, 2016
Location: City of Centennial Civic Center – Council Chambers
 13133 E. Arapahoe Road, Centennial, CO 80112

A public hearing before the City Council will be conducted for the referenced application at:

Time: 7:00 p.m.
Date: Tuesday, February 16, 2016
Location: City of Centennial Civic Center – Council Chambers
 13133 E. Arapahoe Road, Centennial, CO 80112

As a neighboring property owner and member of the public, you are encouraged to attend these public hearings. Questions on the application or hearings may be directed to Derek Holcomb, Principal Planner, at (303) 754-3315 or dholcomb@centennialco.gov.

Sincerely,

Derek M. Holcomb, AICP
 Principal Planner
 City of Centennial

I-25/Dry Creek Rd Interchange Corridor Study

Attend Public Meeting #1 – February 18, 2016

The open house will be held 4:30 – 6:30 p.m. Feb. 18 at Good Shepherd Episcopal Church, 8545 E. Dry Creek Road (just west of Yosemite Street). At this meeting, existing conditions and year 2040 travel forecasts of the corridor area will be shown, and an overview of the types of alternatives that may be considered will be provided.

Study Area, Purpose & Goals

Arapahoe County, in conjunction with the City of Centennial and the Southeast Public Improvement Metropolitan District, is conducting the I-25/Dry Creek Road Interchange and Corridor Study. The study area includes Dry Creek Road from Yosemite Street to Easter Avenue, including the I-25 interchange. The purpose of the study is to consider short-term and long-term improvements to address peak period congestion along the corridor. Study goals are to develop a range of improvements to:

- Improve regional access
- Improve mobility and reliability of the system
- Improve congestion and safety
- Maximize existing infrastructure
- Consider all modes of transportation

Corridor Vision

Over the next 25 years and beyond, the I-25/Dry Creek Road interchange and corridor between Yosemite Street and Easter Avenue will serve as an important facility for both local and regional travel. Dry Creek Road will provide an appropriate balance of improved traffic operations, multimodal mobility, and safety while maintaining local accessibility. Planned improvements will minimize impacts to existing neighborhoods, maintain the community identity, and match the neighborhood/mixed use surroundings.

Schedule

Study Schedule The study was initiated in August 2015, and is expected to take one year to complete. Current and upcoming schedule highlights include:

Existing condition data collection and traffic analysis: August 2015/January 2016

Public Meeting #1: February 18, 2016

Alternatives analysis: January – June 2016

Public Meeting #2: June 2016

Stakeholder Involvement

Improvements to the Dry Creek Corridor will affect a wide spectrum of users and adjacent business and community interests, so stakeholder involvement is essential throughout the study process.

Public Involvement will include two general public meetings, meetings with individuals and small groups, and presentations to groups such as homeowner's associations and metropolitan districts.

Public Meeting #1 will be held 4:30 – 6:30 p.m., Feb. 18 at Good Shepherd Episcopal Church, 8545 E. Dry Creek Road (just west of Yosemite Street). At this meeting, existing conditions and year 2040 travel forecasts of the corridor area will be shown, and an overview of the types of alternatives that may be considered will be provided.

Public Meeting #2 will be held in late spring/early summer 2016, to provide an opportunity for public comment on the first two levels of alternatives screening.

If you would like to invite the project team to speak with you or your group, please contact Leah Langerman, Consultant Public Involvement Coordinator, at llangerman@deainc.com.

Agency Coordination is occurring through Technical Advisory Committee (TAC) and Policy Advisory Committee (PAC) meetings and elected official briefings, as shown on the study schedule.

TAC: Eight meetings planned with staff from Arapahoe County, City of Centennial, Southeast Public Improvement Metropolitan District, Inverness Metropolitan District, Colorado Department of Transportation, Denver Regional Council of Governments, and Regional Transportation District

PAC: Three meetings planned with elected officials and representatives from Arapahoe County, City of Centennial, Southeast Public Improvement Metropolitan District, Inverness Metropolitan District, and Colorado Department of Transportation.

Contact Us

We appreciate your interest in the I-25/Dry Creek Road Interchange and Corridor Study project. Contact us with comments or questions about this study using the information below, or through the online comment form on the project website.

Arapahoe County Project Manager Bryan Weimer, Arapahoe County Public Works
 6924 S. Lima Street, Centennial, CO 80112720-874-6500 | bweimer@arapahoe.gov.com

Consultant Public Involvement Coordinator

Leah Langerman, David Evans and Associates, Inc. 1331 17th Street, Suite 900, Denver, CO 80202 720-225-4651 | llangerman@deainc.com

Walnut Hills Neighbors

Frank Haskett

After you talk to David Senn for a while, you are going to feel like a slacker. Son of a career Air Force Chief Master Sergeant, he knew that he wanted to be a pilot from Junior High on. But let's start at the beginning.

Like most "Air Force brats," he moved around a lot every two years. He was born near Plattsburg NY, but lived in Minot ND, Hawaii, Vandenberg AFB CA and the Azores. It wasn't until he lived in Walnut Hills around 1970 that he stayed anywhere longer than two years. A 1978 graduate of Cherry Creek High School he first went to a vocational school to learn air plane mechanics. Due to being in the Civil Air Patrol in Junior high he had already mastered flying small planes (his first pilot's license at age 17) and now learned how to keep them in good mechanical condition. He would go on to obtain IFR certification, commercial pilots cert. and multi-engine cert. He took a job in Houston in 1979 flying corporate aircraft, both prop and jet. He was especially attractive as an employee because he could not only fly them-he could repair them! But this was oil country so when the bottom dropped out in 1982 he lost his job. The oil companies were selling their private aircraft.

At that time he moved back to Denver to pursue an accounting degree at UCD. It was during then that he met Donna Cihal who later became his wife. He was going to school and bartending at Garcia's near Southwest Plaza, and she was working nearby at Heron's Restaurant in May D & F. They met at a Halloween party. Donna is a longtime Walnut Hills Civic Association board member.

By 1984 the economy was coming back and he had been certified for airline transport (flying passengers). He caught on with Rocky Mountain Airways, a regional carrier that flew in Colorado, Wyoming and Nebraska. By 1987 he managed to parlay that job into one with Continental Air Lines, first as flight engineer-number three in the cockpit- on Boeing 727's. By the next year he was first officer on Boeing 737's, 757's and 777's. It took longer to make Captain, but he did this in 1999. About the time of the merger with United Air lines in 2011, he was chosen to be a line check airman. This means that he flew as a passenger to observe how the pilots performed. They must obey FAA rules and airline rules. Of 400 737 pilots, only 6 are line check air men. While performing this, he also maintained a regular schedule of his own flights.

The merger and his line check was only coincidental, but there were some problems with two sets of employees for each job. Each had different ways of doing things. They all had to agree on how to do each job, or start over including FAA approval and training. They did do some of this as it was sometimes apparent that a change would benefit them, but they also quickly chose one or the other way of doing most jobs rather than starting over.

It turns out that the Boeing 737 is the work horse of the airline industry with some 5000 flying across the globe. They are updated now, and not at all the same plane you flew in 30-40 years ago. The original seated 100, now it's 180. They were regional then but now fly most everywhere, including Hawaii, the Caribbean, and South America etc. They also have much updated equipment that didn't exist when they first came off the line.

The pilots bid on which routes they want for the next months and usually only know where they will fly one month ahead. Mr. Senn is 1900 in seniority out of some 12,000 United pilots.

As the captain, he's in charge once the door shuts. Asked if he's had problems on a flight he answers that something seems to come up on EVERY flight. Weather is often a problem. Passengers are too. Sometimes they get off their meds and become a behavioral problem (read argument/fights with other passengers), or they show up drunk. The latter are not allowed to stay on the plane if they get on in the first place. But some bring their own alcohol. If they buy drinks and become inebriated they are cut off. Sometimes the crews don't get on with each other (sounds like problems all managers have to deal with), or there are mechanical problems with the aircraft. But he's never been hijacked or had a bomb threat in 29 years of flying.

And in his spare time he's an inventor. When his mother developed diabetes his father was having to do her therapy four times a day in order to avoid going in for dialysis every other day. David and three partners developed a computer program to un-complicate the collection and storage of daily data. This related to the diabetes and the need to keep the doctor informed. Because of his mother being treated at Fitzsimmons Army Hospital in Aurora he was able to show the program to Army doctors. They quickly adopted it since no such program existed. That led to it being used at CU Medical Center and eventually being sold to a private company in 2007. I wondered when he had time to work on this, and he said that he had 12 days a month off and down time when they fly somewhere that causes him to spend the night before flying back. He also had to "commute" to Houston for 18 years to pick up his airplane and then fly a route somewhere else.

For leisure time/hobbies, he likes to fly fish, target shoot and weld. The latter came in handy when he needed to work on an airframe. He also once owned an Aviat "Husky" airplane. It is made near Cody, Wyoming and unlike most aircraft today it has a tail wheel so therefore presents a different kind of landing. It was purchased to fly "just for fun," and can land on short strips, grass strips and highways. He now belongs to a flying club that has 25 aircraft and is based at Centennial Airport.

He's come a long way from the 15 year old flying out of sleepy little Arapahoe County Airport with an adult member of the CAP. And my guess is that the journey is not over.



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Walnut Hills Home Sales

November 13th, 2015 thru January 11th, 2016

7067 S Spruce Dr: SOLD \$359,900
7530 E Hinsdale Pl: SOLD \$335,000
8193 E Davies Ave: SOLD \$320,000

Based on information from REcolorado®, Inc. for the period 11/13/2015 thru 01/11/2016. Not all properties were listed and/or sold by Juhi Johnson, Re/max Professionals. This representation is based in whole or in part on content supplied by REcolorado®, Inc. REcolorado®, Inc. does not guarantee nor is it in any way responsible for its accuracy. Content maintained by REcolorado®, Inc. may not reflect all real estate activity in the market.

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You may have noticed the work that is being done on Little Dry Creek in the Walnut Hills Greenbelt between Yosemite and S. Xanthia St. for the last month or so. If you come in and out of the neighborhood on the eastern border, you have certainly noticed the reduced lanes and heavy equipment along Yosemite. This is because SEMSWA (Southeast Metro Stormwater Authority) is currently working on some major storm water improvements in the Little Dry Creek channel. The detention basin on the east side of Yosemite was constructed to help capture storm water and transport it through a culvert into Little Dry Creek. Residents on that end of the neighborhood know, that when we have large storm events, the culvert system wasn't working properly, and the water would flood down Davies Ave. instead. This project is re-grading some of the detention pond and adding a larger culvert under Yosemite and S. Xanthia St. to convey the storm water along with adding some drop structures to help stabilize the channel of the creek. With this project, SEMSWA is also completing the Little Dry Creek Trail to connect from S. Xanthia Street to Yosemite instead of dead ending in the neighborhood.

Following the SEMSWA project, SSPR (South Suburban Park and Rec) is going to be repaving the Little Dry Creek Trail from Quebec Street to Xanthia Street. They will be removing the existing asphalt trail and replacing it with an 8' wide concrete trail as well as replacing the gravel trail between Spruce Street and Quebec Street with concrete.

The project is projected to be completed early this year with the trail project being completed this summer and fall. For additional information about SEMSWA, visit their website at www.semswa.org. For more information on SSPR, visit their website www.ssprd.org

Photography by Jesse J Alcorta



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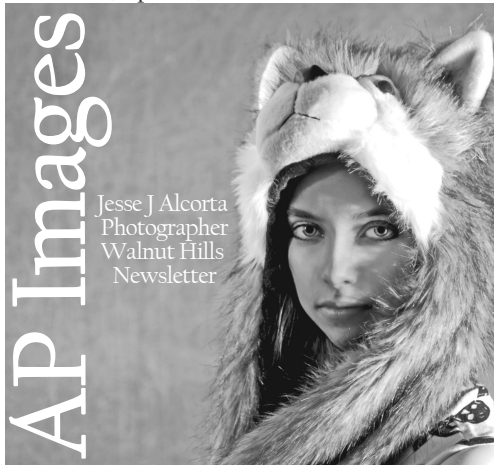
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Walnut Hills Civic Association Sponsored Holiday Lighting Contest

Andrea Suhaka, Walnut Hills Civic Assoc. Chair, 303-770-0058, standy@ecentral.com

Walnut Hills was beautifully ablaze this past holiday season. What a joy it was for the three Board members that toured the neighborhood on the search for the prettiest holiday lighting display. It was very difficult to choose the best and, sad to say, some of the displays chosen were put up by folks not paid members of the Walnut Hills Civic Assoc. You had to be a member to win a cash prize. They found 12 homes deserving of prizes but had to disqualify six right off the bat.

So our top displays belonged to:

Jim Murray, 7239 S. Tamarac Ct., 1st place and \$100

Ed & Ricki Feist, 7358 S. Spruce St., 2nd and \$75 and

Nick & Libby Hutchinson, 7102 S. Tamarac St., 3rd place and \$50.

We found one other home we wanted to name Honorable Mention, Greg & Beth Arbon at 7064 S Willow St. There is no cash prize for that.

Congratulations to our winners for helping Walnut Hills look beautiful this past December.

Jim Murray generously donated his prize to the Walnut Hills Scholarship Fund.

Photography by Jesse J Alcorta



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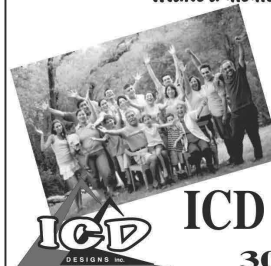
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Leap Years

Bruce Ferguson

Toward the end of the year I watched a coyote on the sidewalk across the street decide how it was going to manage the snow bank the plows had left. A few weeks later I noticed some tracks in the backyard though I haven't seen the coyote since. Perhaps that is why I haven't seen many rabbits this winter? As the year came to a close the weather kept me mostly indoors and except for a few crows I didn't notice much activity at all in the yard. Then around the 8th of January or so I spied a mixed flock of small birds rummaging through the cotoneaster looking for berries, chickadees, house finches and a sparrow or two. I see this group around this time every year. It seems odd that they flock together, but apparently it is not uncommon.

The geese gather in the school yard where the south facing hillside melts in the warm sun. I've been reading about migrations and orientation in birds and bugs and such. How some use the sun, and some even use the stars and so forth. We live in a time when so much is enabled by technology. We have global positioning software at our fingertips. Still here is the flock of geese.

Fruitarians

Ilsa Gregg

What the heck is a fruitarian? I have heard a lot about Vegetarians, Vegans, Raw Vegans, and even Raw till 4:00 pm Vegans. There are lot of rules with these diets, and I mean a lot. Time intensive recipes, expensive blenders and don't even get me started on "raw soup." But then there are the fruitarians. No recipes, no fancy blenders, just juicy, ripe fruit.

There are fruits that are only picked ripe, like strawberries, blueberries, watermelon and apples, and then there are fruits that are picked green and you ripen at home, like bananas, avocados, papayas and mangos.

A fruit can be anything with a seed in it, like bell peppers, cucumbers, and tomatoes, and seedless like pineapples, persimmons, and varieties of citrus. But the real difference between a fruit and vegetable for me is that the vegetables all need a little "help" to make them taste decent in the first place. Kale anyone? A little sugar, salt and fat for a nice ranch dressing and cardboard would taste good, really. There is nothing in the grocery store these days, and definitely no restaurant food that doesn't taste amazing, simply because it has the food science behind it, and contains the perfected ratio of sugar, salt and fat.

Then there is ripe fruit. It doesn't need any help. It all tastes delicious and it is full of nutrition. Even a small date fruit contains iron, potassium, vitamins A and K, copper, magnesium, manganese, vitamin B6, niacin, pantothenic acid, and riboflavin. Fruits have at least 1 gram of protein and essential amino acids, as well as vitamins and minerals, including iodine and omega 3. Many fruits contain 100 calories or less. No Ranch dressing required.



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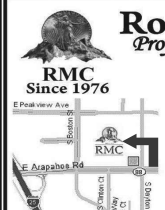
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They seem to come here every January or so without google maps or daily planners. Graduate students these days place tiny transmitters on insects to track how they get from point A to point B. Still they understand very little except that the insects do get from point A to point B. It's like you start out in Biology 101 when you enter college and spend four years learning exactly how biochemistry works and then realize one day you can't even explain how a caterpillar becomes a butterfly. Science after all is filled with mystery and joy! Here in the middle of January the weather warms and the snow melts just enough for me to see the squirrels and the rabbits, the birds and the neighborhood cats out enjoying the weather. I know it is not spring but in a month or so I know I will be out in the yard cleaning up the flower beds with the same excitement I always feel as the ground thaws and the things begin to spring back to life. By the end of February most of the ground will be soft and damp and easy to work. It is a great time to be outdoors and enjoying the climate here. Sure it will be months before last frost or even the last snowfalls but there is no reason for that to stand in the way. Soon there will be snowbells, hellebores and jonquils and though most likely they will be buried by snow and ruined for yet another season that will just be alright still the same. Life is fleeting! That is one of the things that gives it real meaning!+

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Quality Care at the End of Life – It's What We All Want

By Lorraine May, M.A.

When we bring our new dog into our home, the last thing we want to think about is his inevitable passing. But we must prepare for the end so that our friend will have the best quality of life possible. End of life care for our dog, including being present for the euthanasia, can be the greatest gift we give him. Not surprisingly, this sacred act of love benefits us as well. Ann, who lost two dogs this year,

shares: "One of the rewards is feeling you can give your dog a fraction of the love and support he has shown to you."

Our grief is a testament to what is best about us as humans – our capacity to love and be loved. I hope this article lends support to those of you who are grieving or facing difficult decisions. If you are ambivalent regarding your role, I present these convincing heartfelt testimonies.

Journey's End with Misha and Zeb

I had the privilege of accompanying both Misha and Zeb to the end of their journeys. The end of life care I provided was the natural culmination of a lifetime of mutual trust and love. Being there for them and with them, made me a more compassionate, stronger and wiser person. Knowing that each moment could be their last invited an exceptional appreciation for the richness they brought to my life.

Misha, rescued on her way to a shelter, passed away in 2000 at 16½ years. Her legacy is The Misha May Foundation, a non-profit dog rescue created to help homeless dogs like her. Misha outlived her 30 day prognosis by nine months. Two months before she died, we were hiking and swimming in Alaska! Misha demonstrated daily that until death came she wanted us to celebrate each moment.

Zeb passed away within a few months of his cancer diagnosis at 11 years old. Always the perfect gentleman, he faced his end with grace. Zeb and I worked together rehabilitating the rescued Misha May dogs. We were a team and I still miss him. Although I was helpless to prolong his life, I was grateful I could ease his transition.

Intimate Portraits of Caregivers and Their Beloveds

Bella, a sweet quirky 'chow hound', became uncharacteristically companionable in the remaining three weeks following her cancer diagnosis.

Robert: "I saw Bella's personality change as her way of saying that she appreciated

me. This time was very special for us. She passed away peacefully at home. I accepted my sweet sorrow as a gift – the gift of keeping an open heart." Rocky, relinquished to a shelter at an elderly age, was sad, confused, and deteriorating very quickly in the shelter.

Doug: "It is emotionally very hard to know that a dog will be with you for only a short time, but it is very gratifying to know that you are making his twilight years the best ones of his life."

Sydney, always sweet and shy, ultimately lost interest in the things he had previously loved.

Ann: "It's very sad to watch your once playful, active dog suddenly become old, sick and have difficulty getting around. We exhausted the medical possibilities and it became time to say goodbye."

Dodger, our protector from puppyhood, became immobile at 14 years old due to an untreatable nerve disease.

Barbi: "It was so hard to lose him so quickly, but I'm glad we kept him with us. It was an honor to care for him for his final five weeks."

Gabe, who was patient with whatever came his way, lived to be nearly 16. His condition was never definitively diagnosed.

Barbara: "It was bittersweet to live the final days of Gabe's life. I was on pins and needles, always hoping he would get better. I can't imagine not seeing him through to the end of his days. As difficult as it all was, the last day was the hardest. I had imagined us relaxing together in the summer grass where I planned to tell him how much I treasured him. Instead, he needed me to let him go."

Gracie, who passed away at 10 years of age due to degenerative spinal arthritis, spent four spirited years with her adopters.

Terry: "We would have never given up Gracie no matter how bad it got. What I learned is that caring for an animal at the end is a humbling process because it puts life in perspective. It's a blessing to know they are at peace with you, the person they trusted most in their lives."

My Current Teachers Tara and Lola

As I conclude this article my thoughts turn to two lovely labs in my care. Tara, 12, requires further diagnostics following irregular blood work. Lola, my 7 year old foster, has already outlived the expectations for her condition. They both face these uncertainties with tranquil acceptance. I'm still learning.

Despite financial, medical, emotional and logistical challenges, each person I interviewed, without exception, was honored to have provided their friend with end of life care. Terry reflects on her caregiving experience, "As time goes by, you can remember your loving pet with fondness rather than pain. Wouldn't YOU want your last days to be with the people or animals you love?"

Palliative and Hospice Care Can Mean a Better Ending - Harmony Veterinary Hospital

Palliative care focuses on managing the pain, lack of appetite, fatigue, nausea or other symptoms your pet may be experiencing from a chronic disease or its treatment. Hospice care, too, looks first to the comfort of the pet—those with a terminal diagnosis and for whom a cure is no longer possible.

Pain management, in particular, is a science that is rapidly evolving. Sometimes just a few small changes in medication can return a pet to being more like his old self. It is still an animal with a fatal disease—but that extra time can be very meaningful.

As the end approaches...

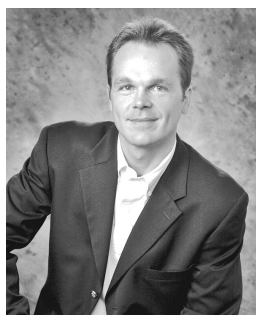
Spend time with your pet.
Photograph and videotape him.
Create positive memories.

Do favorite activities.
Create an end of life plan.
Let go of guilt and regret; be present.

Important Resources

Veterinary and other professionals
Friends who have been there
People who know your dog
Grief support groups
Emergency back-up
Pet Trust (Colorado law allows you to create a Pet Trust to care for your dog if you predecease him)

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 mishamayfoundation@gmail.com 303-239-0382



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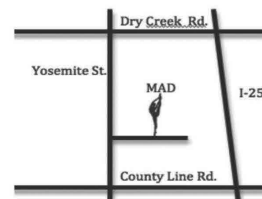
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